

PASCAS CARE

Healing & Recovery

Alcoholism

Vol II



“Peace And Spirit Creating Alternative Solutions”

PASCAS FOUNDATION (Aust) Ltd
ABN 23 133 271 593

Queensland, Australia

Em: info@pascasworldcare.com
Em: info@pascashealth.com

Pascas Foundation is a not for profit organisation

www.pascasworldcare.com www.pascashealth.com

PASCAS INTRODUCTION:

Documents assembled by Pascas are provided for your individual assessment and exploration. The contents are sourced from a variety of avenues and publications. Every endeavour is made to determine that the contents are of the highest level of truth and veracity. At all times we ask that you go within yourself, to ascertain for yourself, how the contents resonate with you.

Pascas provides these notes and observations to assist us all in the development and growth of our own pathways and consciousness. Pascas does not hold these contents as dogma. Pascas is about looking within oneself. Much of what we are observing is new to us readers and thus, we consider that you will take on board that which resonates with you, investigate further those items of interest, and discard that which does not feel appropriate to you.

Kinesiological muscle testing, as developed by Dr David R Hawkins and quantified by his Map of Consciousness (MOC) table, has been used to ascertain the possible level of truth of documents. Such tested calibration levels appear within the document. We ask that you consider testing same for yourself. The technique and process is outlined within Pascas documents, such as Pascas Care – Energy Level of Food. From each person’s perspective, results may vary somewhat. The calibration is offered as a guide only and just another tool to assist in considering the possibilities. As a contrast, consider using this technique to test the level of truth of your local daily newspaper.

Contents are not to be interpreted as an independent guide to self-healing. The information sourced herein is not from a doctor or doctors, and any information provided in this document should not be in lieu of consultation with your physician, doctor, or other health care professional. Pascas, nor anyone associated with this document, does not assume any responsibility whatsoever for the results of any application or use of any process, technique, compound or potion as described within this document.

The sources of contents are noted throughout the document. In doing so, we acknowledge the importance of these sources and encourage our readers to consider further these sources. Should we have infringed upon a copyright pertaining to content, graphics and or pictures, we apologise. In such cases, we will endeavour to make the appropriate notations within the documents that we have assembled as a service via our not for profit arm, to our interested community.

We offer all contents in love and with the fullness of grace, which is intended to flow to readers who join us upon this fascinating journey throughout this incredible changing era we are all experiencing.

Living Feelings First, *John.*

“Never can one man do more for another man than by making it known of the availability of the Feeling Healing process and Divine Love.” JD

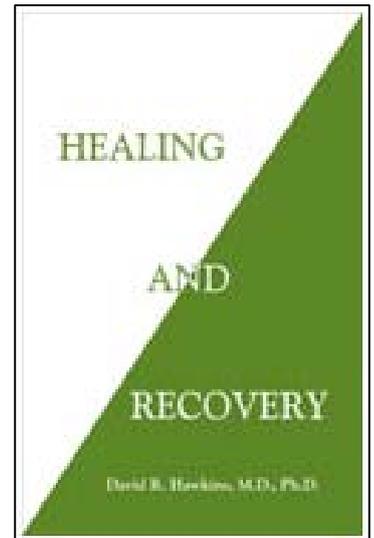


HEALING & RECOVERY: by Dr David R Hawkins

Healing is the result of not just clinical processes but also of overall biological potentialities that often do not materialise without the unseen power of spiritual alignment.

Health recovery is greatly facilitated by the unseen power of the spiritual dimensions of intentionality of consciousness itself (nonlinear context). Consciousness is the quality of your soul condition.

The clinical power and influential impact of spiritual context is overwhelmingly displayed by the millions of recoveries from medically hopeless illnesses as exhibited by worldwide membership faith-based organisations of which Alcoholics Anonymous (AA) and A Course of Miracles (ACIM) are prime examples.



Note:

The Map of Consciousness (MoC) table is based on the common log of 10. It is not a numeric table.

A calibration increase of 1 point is in fact a 10 fold increase in energy.

A calibration increase of 10 points is in fact a 10,000,000,000 fold increase in energy.

Thus the energy differentials are in fact enormous!

Blessing your food achieves an increase of 15 points which is in fact a quadrillion (10^{15}) jump in energy.

God's Divine Love: Pray for it, ask for it, and receive it.

The opening up of the soul permits a permanent exchange with Divinity, a permanent recharge of this healing energy that allows not only the re-establishment of lost health, but the continuity of health, providing such a perfect balance, even in the physical body, that noxious agents like bacteria and virus cannot find any opportunity to unchain pathological reactions, which we commonly call illness.

But it is true that people without the benefit of Divine Love would lack the protective shield, which the intrinsic healing energies of Divine Love provide for those who pray for our Heavenly Mother and Father's Grace.

Judas – August 19th, 2001

ALCOHOLISM:

To understand the nature of alcoholism and addiction, we will approach the subject from the viewpoint of consciousness (soul condition) itself in order to discern the essential nature of the addictive process rather than its symptoms, consequences, or physical correlates. Talking about the nature of consciousness will give us a different context in which to understand the addictive process and its expression as a problematic human behaviour.

Judging yourself is not loving yourself.



The Map of Consciousness will again be referenced throughout this chapter, as it has been very useful in our (Dr Hawkins) research. It will help to make information understandable that has previously been considered mystical, esoteric, or too 'right brain' for left-brain people to comprehend. On the Map, various levels of consciousness (soul condition) have been calibrated to indicate the relative power of these energy fields and their positive or negative direction. By studying the chart, we will begin to understand a lot of new and useful information about human behaviour, and from that, we will come to more fully understand addictions.

On the Map, note that Enlightenment, or leaving the world of duality, calibrates at about 600. The energy field of Courage is at 200, and Pride is at 175. We will refer to these numbers later on. It is important to notice that the direction of the arrows shows whether the energy field is negative and not amicable to life or is positive and supportive of life.

In understanding addiction, we need to first understand the nature of consciousness (soul condition) and then see how it applies to the addictive process. We will look at the true nature of addiction and the quality that society missed because its understanding of addiction was nil until the advent of Alcoholics Anonymous (AA). Prior to AA, the recovery rate from addictions was zero, and it was rarely heard that anybody ever recovered from alcoholism. The truth was represented by Cr Carl Jung who said that science had no answer for this problem, that something above and beyond ordinary human experience had to be sought, and that the answer would be found in spirituality.



We will review the connection between body, mind (which resides within your spirit body), and spirit (soul). What is the relationship among the three, and what is spirit, anyway? What is the nature of spirit, and how does it operate in a real way that we can verify through our own clinical experience? We will not be discussing philosophy or theology but instead will be exploring what we verify for ourselves

through our own inner experience. We will look at truth as it can be experienced within ourselves and learn how this can be applied to the understanding of alcoholism, the addictions, and its importance in recovery.

MAP OF CONSCIOUSNESS					
God-view	Life-view	Level	Log	Emotion	Process
Self	Is	Enlightenment	700 1000	Ineffable	Pure Consciousness
All-Being	Perfect	Peace	↑ 600	Bliss	Illumination
One	Complete	Joy	↑ 540	Serenity	Transfiguration
Loving	Benign	Love	↑ 500	Reverence	Revelation
Wise	Meaningful	Reason	↑ 400	Understanding	Abstraction
Merciful	Harmonious	Acceptance	↑ 350	Forgiveness	Transcendence
Inspiring	Hopeful	Willingness	↑ 310	Optimism	Intention
Enabling	Satisfactory	Neutrality	↑ 250	Trust	Release
Permitting	Feasible	Courage	↑ 200	Affirmation	Empowerment
Indifferent	Demanding	Pride	↓ 175	Scorn	Inflation
Vengeful	Antagonistic	Anger	↓ 150	Hate	Aggression
Denying	Disappointing	Desire	↓ 125	Craving	Enslavement
Punitive	Frightening	Fear	↓ 100	Anxiety	Withdrawal
Disdainful	Tragic	Grief	↓ 75	Regret	Despondency
Condemning	Hopeless	Apathy	↓ 50	Despair	Abdication
Vindictive	Evil	Guilt	↓ 30	Blame	Destruction
Despising	Miserable	Shame	20	Humiliation	Elimination

	The Final Doorway to Enlightenment / Nonduality	
	The beginning of the Nonlinear Realm	500
	The beginning of Integrity	200

We will emphasise the importance of context, or the overall way in which we hold a thing, and the paradigm from which to understand a subject. Context creates meaning and illuminates the understanding of addiction.

As previously described on the Map of Consciousness (MoC), levels below 600 represent the levels of the ego, which is called the 'self', and within the ego are different energy fields as mentioned previously. (It is considered that MoC calibration 1 – 499 is representative of the 1st sphere level within

the spirit world and MoC calibration 500 – 600 is that of the 2nd sphere. The natural love spheres peak at 1,000, the Kingdom of Man, and then on upwards are the Divine Love spheres, the Kingdom of God.)

At the bottom of the Map are the energy fields of Guilt, Shame, and Apathy, and to the right of each field is the primary emotion of how we experience that field in daily life. To the right of that is the process going on within consciousness (soul) itself. That energy field also determines how we experience and see the world, and how we relate to the understanding of God, which is due to the limitation of the energy field.

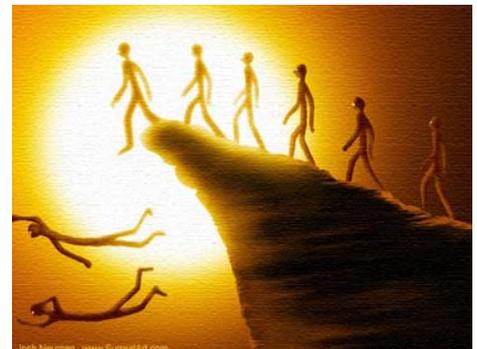
The energy field of Shame is at level 20, and Guilt is at level 30. These are states of negativity that are usually experienced in the form of self-hatred. The world is seen as a place of sin and suffering. At this level, God is perceived to be possibly the ultimate threat or destroyer of the soul because He will throw the soul into destruction and hellfire (which does not exist) forever. The levels of Guilt and Shame are the lowest energy fields and contain very little power.

(Spirits within the spheres 1 – 6, natural love spheres, have not developed to the level that one can see the soul. Thus, natural love spirits consider that their spirit body is their soul. One's spirit body looks just like your physical body. It is only when one progresses to the Divine Love spheres, 7 and above, that the soul becomes visible.)

When we move up to the energy field of 50, we discover a field of hopelessness and despair. This is like the old lady previously described rocking back and forth in her rocking chair, staring out the window after she got the notice from the Department of Defense that her son was killed in action. Her family shakes her, trying to get her to respond, but she does not respond to anything because, in these energy fields, there are changes in brain chemistry.

Hopelessness, despair, and depression represent the process of the loss of energy that accompanies the lower levels of consciousness. The world is seen as hopeless, and if there were a God, He would have nothing to do with us because our own self-esteem is so low. We call it the worm's view of the nature of God. If we get the person out of that very low energy field, we can get them up to a higher energy field called Grief.

Fatalism
Hopelessness
Depression
Despair
Apathy
Grief



People in hopelessness cannot help themselves, and we have to pour energy into them to even move them up to the energy field of Grief that calibrates at 75, which has a lot more energy than hopelessness. (One's soul can become so depleted that it reduces down in size to that of a pea.) Grief also has a certain biological purpose, for example, when the child cries to summon its mother. It has the power to pull some kind of response from the world. The emotion that accompanies Grief is regret, a feeling of loss, and despondency. The process going on in consciousness (soul) at this level is dispirited. Spirit is that high energy out of which all life manifests. (It is your soul that animates your spirit body which in turn animates your physical body.) The person in Grief then sees this as a very sad world with an unloving God who does not really care for anyone.

NATURAL LOVE or HUMANITY’S ERRONEOUS EMOTIONS:

Your soul, being your real you, is an emotional being. Your soul, though a thought of God, does not possess anything of the divine within it. It existed in a state of bliss, in a natural love state, pending individualisation which is achieved at conception which is the time of incarnation. Your soul is endowed with natural love emotions noted within the top section of the Map of Consciousness scale, being those emotions calibrating above 200.

MAP OF CONSCIOUSNESS					
God-view	Life-view	Level	Log	Emotion	Process
Self	Is	Enlightenment	700 1000	Ineffable	Pure Consciousness
All-Being	Perfect	Peace	↑ 600	Bliss	Illumination
One	Complete	Joy	↑ 540	Serenity	Transfiguration
Loving	Benign	Love	↑ 500	Reverence	Revelation
Wise	Meaningful	Reason	↑ 400	Understanding	Abstraction
Merciful	Harmonious	Acceptance	↑ 350	Forgiveness	Transcendence
Inspiring	Hopeful	Willingness	↑ 310	Optimism	Intention
Enabling	Satisfactory	Neutrality	↑ 250	Trust	Release
Permitting	Feasible	Courage	↑ 200	Affirmation	Empowerment

Humanity’s erroneous emotions are those calibrating below 200 on the Map of Consciousness. The environment around a newly conceived child progressively degrades the condition of that child’s soul. When the child reaches about the age of 7, the child’s soul condition will reflect the parent’s condition. These negative emotions are like a crust around the pure soul it has within.

MAP OF CONSCIOUSNESS					
God-view	Life-view	Level	Log	Emotion	Process
Man made dis-empowering emotions:			↓ 200	All the negative emotions	
Indifferent	Demanding	Pride	↓ 175	Scorn	Inflation
Vengeful	Antagonistic	Anger	↓ 150	Hate	Aggression
Denying	Disappointing	Desire	↓ 125	Craving	Enslavement
Punitive	Frightening	Fear	↓ 100	Anxiety	Withdrawal
Disdainful	Tragic	Grief	↓ 75	Regret	Despondency
Condemning	Hopeless	Apathy	↓ 50	Despair	Abdication
Vindictive	Evil	Guilt	↓ 30	Blame	Destruction
Despising	Miserable	Shame	20	Humiliation	Elimination

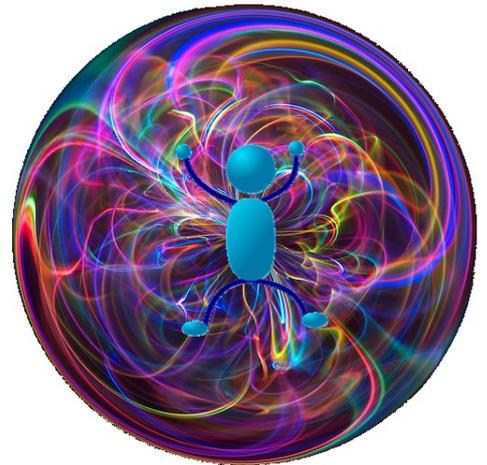
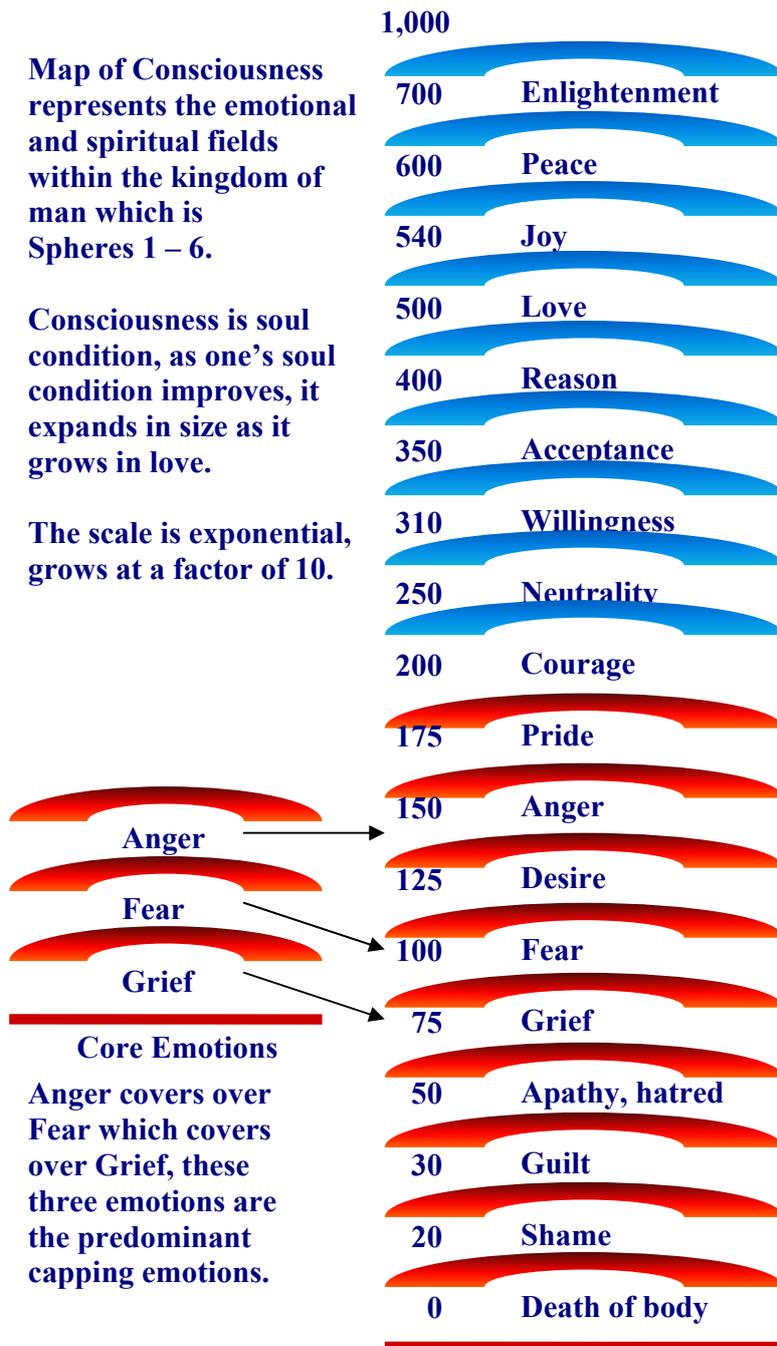
If we go back to the old lady who is rocking back and forth in her rocking chair and not eating or responding, and a telegram arrives from the Department of Defense saying that the previous telegram was a mistake, and her son Joey was not killed but is still alive, the old lady just goes right on rocking back and forth, staring out the window. If we could pour energy into her up to the level of Grief, suddenly she would begin to cry. The expression of the emotion would indicate to us that she is getting better.

MAP OF CONSCIOUSNESS

Map of Consciousness represents the emotional and spiritual fields within the kingdom of man which is Spheres 1 – 6.

Consciousness is soul condition, as one's soul condition improves, it expands in size as it grows in love.

The scale is exponential, grows at a factor of 10.



guilt, and low self-esteem in this level of consciousness. This level sees God as the most frightening of possibilities.

We can move a person out of Fear and up to the next energy field called Desire at level 125, which has a lot of energy. Desire is ‘want’, so its expression in our ordinary emotions is that of wanting and craving. This can eventually become an obsession or compulsion. We then call it an addiction because the process going on in consciousness is one of entrapment. A person becomes entrapped and is at the effect of that level and run by the desire. It takes on the intensity of craving, which in turn becomes associated with an inner image. To recover from addiction, it is necessary to eliminate an attractive image the moment it emerges in the mind, whether it refers to a sexual image, gambling, or alcohol. If the image is allowed to linger, it gains energy and quickly becomes too strong to resist. Recovery depends on the willingness to eliminate the image immediately and decisively. If delayed, the image becomes too strong to obliterate and its attraction soon wins.

It is the purpose of the marketing industry, of course, to take advantage of our desires by creating wanting and craving to get us entrapped so we will want their products. Once we become entrapped by the desire, whether it is for a fancy car, a certain perfume, or a shampoo that is going to make us lovely, it will run us. We will give up our money and energy to buy their products.

Desiringness, however, leads to the view that the world is very frustrating. The difficulty with wantingness is that all the wantings can run people for an entire lifetime, which leads to the sense of frustration as well as resentment because wantingness does not cure itself by getting; it just leads to additional wantingness. The wantingness, in and of itself, is not satisfied, so this constant frustration leads to a picture of God from whom we are separated. In other words, the God who forever withholds from us what we want easily leads us to anger, which is the next level.

Anger, at level 150, as everyone is aware, has a great deal of energy in it. It is still a negative emotion with a destructive downside, but the energy of anger, if one knows how to use it, can be very useful. We experience the energy of anger in everyday life within the emotions of resentment, with the feelings of hatred and anger at ourself, within grievances and grudges, and in the unwillingness to forgive. The process in consciousness (soul condition) is one of expansion, so as the angry animal swells up with anger, it becomes larger than life. The person who is angry puffs up with the angriness and tries to become imposing on the biological level.

**Fields above 500 - Love based
Awareness
Beingness
More feeling based activity, rather than
intellectual – in the mind based activity.
Energy field of Love is the one that heals.**

**Fields 200 – 500 - Doingness
Intellectual
Life is seen as an opportunity.
We are getting closer and closer to truth.**

**Fields below 200 - Wanting & Craving
Desiringness
Fear Driven
Self hatred
Grudges
Values are based on what one has.
The energy fields below 200 are opposed
to life, do not support life.**

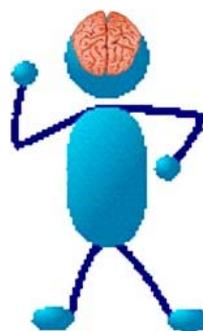
Angriness then leads to competitiveness. The angry person sees a world of competition, conflict, war, and ‘me against you’. It is a polarised position of opponents, and therefore the view of God at that level

is an angry God. The person sees God as the ultimate angriness, the God of vengeance, and the God who gets even. He is the God who represents the energy of the spleen out of revenge, hatred, and anger. It is as though he now hates that which he created and the humanness of that which he created. He is the God of retaliatory, vengeful angriness.

If we move up out of this angriness to Pride at level 175, we see that pride has a lot of energy and can be a very useful emotion. The difficulty with pride is that its energy field is still in a negative direction. Its downside is denial, and in the addictions, this can be fatal when it takes the form of arrogance and contempt by saying, "Well, those people need it, but not me. I'm different." That comes out of the process of inflation that is going on in consciousness. The ego reflects an inflated sense of self, which is very dangerous position. Therefore, we see the pridefulness that eventually leads to the destruction of people who get into drugs but who are successful in life. This leads to inflation of the ego and the denial that goes with it, along with the inability to hear the advice of others. Pridefulness thus leads to a very vulnerable defensiveness. It is not a good position to be in, but it is an energy that we can utilise to move from Anger up to Courage and out of the field of Pride.



The person in Pride is very preoccupied with status, ownership, havingness, symbols, and labels, which put one in a very defensive position. How does that energy field, which comes out of denial, arrogance, contempts, and an inflated energy field, influence one's view of God? The relationship to God will usually be one of two possibilities. Out of the arrogance of the intellect can arise the presumption that the left brain has the capacity to know all of truth, resulting in the position of atheism. Atheism is a denial of the truth of what can be experienced through human experience; or, it can take its opposite in the form of bigotry. It could be in the form of the religionist who takes the position that 'my way' of seeing things is the only way, and because my way is the truth, your way is not. Pride is a condition that polarizes, making the position of everyone else wrong, or 'me against you', or 'us against them', and it is the basis of all the religious wars. Pride has the potential, however, to be a useful energy, as the Marine Corps has discovered, and it is useful to move on through it to the higher energy field called Courage.



Kingdom of Man
Intellect driven
Spheres 1 – 6



Kingdom of God
Feeling orientated
Spheres 7 onwards

Courage is a very crucial level because, as we can see, the arrow on the Map of Consciousness (MoC) is now neutral, meaning the energy field of that level of consciousness (soul condition) has now shifted to neutral. It is as though the antenna that was tuned to 'negative' is now tuned to 'neutral'. It stops pulling negative experiences to itself. Its energy field is 200, which has a lot of power. Courage has enough energy in it to settle the United States of America, to get mankind to the moon, and to establish a civilisation to explore the intellectual frontiers.

Courage at 200 has enough energy to create all the great industrial empires. It is a very powerful energy field, not because it jumped up twenty-five points but because the direction of the field is different. Much of the resistance has dropped off, and for the first time, the person at that level is now emotionally able to face, cope, look at, and handle things. The critical process going on in consciousness is that of the person becoming empowered.

The willingness to tell the truth allowed this huge jump in power. This is crucial in understanding the addictions and the traditional ‘twelve steps’ because it is the first step – the admission that one is powerless over alcohol and drugs, which makes one’s life unbearable – that changes this entire energy field and re-empowers the person, putting them in a position of recovery.

TWELVE STEP PROGRAM:

<http://www.aa.org.au/members/twelve-steps.php>

In simplest form, the AA (Alcoholics Anonymous) program operates when a recovered alcoholic passes along the story of his or her own problem drinking, describes the sobriety he or she has found in AA, and invites people who are new to AA to join the informal Fellowship.

The heart of the suggested program of personal recovery is contained in Twelve Steps describing the experience of the earliest members of the Society:

1. We admitted we were powerless over alcohol – that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God as we understood Him.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed, and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.
12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics and to practice these principles in all our affairs.

People who are new to AA are not asked to accept or follow these Twelve Steps in their entirety if they feel unwilling or unable to do so.

When a person starts telling the truth, their view of the world from this energy field of Courage is that of opportunity. It appears to be a world of challenge, a very exciting world in which to grow and experience personal growth. Out of this energy field, a positive view of God opens up the mind. For the

first time, the person really tells the truth from their own experience. They have not really had an experience of what is called God within the universe, so now the mind opens for the first time. The person begins to ask the traditional questions that have always led to the ultimate realisation of the truth: “Is there a God? Can He be experienced? Is Divinity a Higher Power that I can verify within myself? Is God something ‘out there’ or within me? How does a Higher Power express itself? How can I get to know that?”

The whole spiritual exploration then commences at the beginning of self-honesty because that is the first level of integrity of empowerment. The capacity to tell the truth releases the power to face, cope, and handle things, and for the first time, to be appropriate.

<u>Characteristics of first Spheres:</u>		MoC
Truth is always told:	Sphere 3	651 – 780
Desires are followed:	Sphere 2	500 – 650
Actions are fear based:	Sphere 1	1 – 499

Out of the energy field of Courage arises the strength to look at the facts and admit the truth about them. From here it is possible to let go of resistance and move up the next energy field called Neutral. We can see that the arrow is now very positively going upwards on the Map. The energy field has jumped to 250, a level that is experienced as being free and unattached. Once we tell the truth about a thing, we may move up to a process that we call ‘non-attached’ in that one is no longer attached to the outcome. It is then okay, whichever way it goes. A person at this energy level then might say, “If I get the job, it’s great, and if I don’t get the job, that’s okay, too, because I will just find another one.” Or, “If this relationship doesn’t work out, then I will find another relationship.”

There is the experience of the okayness of the world and a sense of God as being the source of freedom. There is the freedom to grow, expand, become conscious (grow soul condition), and begin to look into one’s self and the nature of human experience. The God of this level looks favourably on the exploration of one’s own consciousness (soul condition). Neutral is a level of comfort.

Consciousness Calibrations Worldwide	
Consciousness Level	Population Percentage
600 +	1 in millions
540 +	0.4%
500 +	4%
400 +	8%
200 +	22%
200 -	78%
World wide average	212

The upside of Neutral is that it can move up to the state called Willingness, which calibrates at 310. It has a lot more power and energy because, for the first time, positive intention becomes operative and says, “Yes”. At the Neutral level, there is a lack of enthusiasm. For example, it is okay to go to the movies, yet actually okay to stay home. There is not much positive energy there yet. However, letting go of the negative creates space for willingness to come in, and there is the beginning of enthusiasm and a very positive energy. We say, “Yes, we are agreeable. We are willing.” This willingness takes up out of indifference, flatness, and detachment, and we begin to experience this as a friendly world. The questions of God and life itself become promising and hopeful because now we are saying ‘yes’ to life. Willingness opens up the opportunity for the next step, which is moving out of Willingness to the level of Acceptance.

Acceptance calibrates at 380, and a person at that level is adequate, confident, and capable. This transformation of consciousness occurs as we begin to re-own our own power. All the fields below Courage are conditions of victimhood in which we have sold out the source of our power and given it

away to the world. This will be extremely important as we look at the addiction – the giving away of our power to that which is outside of us, thus bringing about the lower energy fields.

Correlation of Levels of Consciousness and Society Problems				
Level of Consciousness	Rate of Unemployment	Rate of Poverty	Happiness Rate “Life is OK”	Rate of Criminality
600 +	0%	0.0%	100%	0.0%
500 - 600	0%	0.0%	98%	0.5%
400 - 500	2%	0.5%	79%	2.0%
300 - 400	7%	1.0%	70%	5.0%
200 - 300	8%	1.5%	60%	9.0%
100 - 200	50%	22.0%	15%	50.0%
50 - 100	75%	40.0%	2%	91.0%
< 50	95%	65.0%	0%	98.0%

The person who is moving into Acceptance is re-owning that they are the source of happiness in their life. Below that level, people think that the source of happiness lies outside themselves. They think it comes about through ‘getting’. These are all conditions of lack in which happiness is dependent on whether one gets that car, title, job, relationship, degree, money, or whatever it is, but it is always outside of oneself. In the addictions, it becomes, “If I get the right dose of that drug ...” The thought that the source of happiness is outside oneself accompanies all these states of weakness and victimhood.

The person on the level of Acceptance, through willingness and letting go of resistance, has accepted that they are the source of happiness in their life. There then arises the conviction of self-sufficiency and the capacity to create something that is satisfying. As a result, that person is no longer limited by powerlessness or victimhood. That person knows that if they are put on a desert island some place, a year later they will have a coconut factory going, a tree house built, or be teaching French to the natives. The person will have found a relationship and even started a new family.

There is the power to recreate life for oneself. In prison, there is suicide, but on the other hand, there are those who have earned college degrees. People have changed the course of all human history and written powerful and brilliant books while in prison, which demonstrate that the power is not in the prison but instead within the self. The capacity exists to use even the prison experience in a valuable and positive way in order to create a great novel, book, or political treatise. Some of the most influential books ever written were created under extreme conditions.

An aspect of Acceptance is the openness to reason and rationality as guiding principles of life rather than just the emotions that predominate at the lower energy fields (diminished and depleted soul condition). ‘Think’ gains importance over just ‘feel’. Animals are run by emotions, instincts, and feelings, but normal, healthy humans, by virtue of the evolution of the brain’s prefrontal cortex, have developed the capacity for intellectual understanding and the comprehension consequent to logic and abstract symbols. The consciousness levels of the 400s thus typify our modern society of education, information, and the critical utilisation of intelligence. This leads to learning by means other than just trial and error.

A person in trouble begins to search for answers and solutions, and inquiry eventually leads to the discovery that recovery is possible by means of proven programs, such as AA, whose success is represented by millions of recovered alcoholics worldwide over many decades. The mind is the useful springboard which learns by inquiry that there is a way out of addiction and its accompanying hopelessness and despair.

By filling the other persons addictions we close off the other person's connection with God.

The acceptance that we are the source of happiness then makes this seem like a harmonious world. As we move upward into the energy field of Love, the vision of God that comes out of this promising, hopeful view is the beginning of the comprehension of the God of mercy and forgiveness. Out of acceptance and owning the power of what we are, and by moving more towards the truth, there arises the willingness to become truly loving. This takes us to the powerful energy field of 500 (transition point from 1st sphere to 2 sphere), the field of Love itself.

The level of Love is where true happiness prevails. We can see why more and more gettingness – getting money, sex, power, positions, and all the rest – does not bring happiness. It brings pleasure and only momentary fulfilment. We can see why that if fifty million dollars will not make us happy, then seventy-five million dollars will not either because more millions of dollars are still below level 200; true happiness is associated with the higher level of 500 (2nd sphere), which is the beginning of the field of Love that leads to Unconditional Love at level 540.

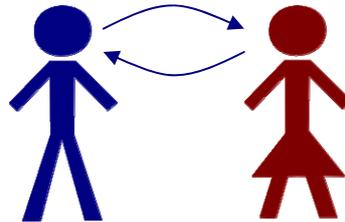
ADDICTIONS:

An addiction is something that when you don't receive it, you feel hurt, sad, resentful, angry or rage-full about.

Any painful emotion is an indicator that I am in an addiction.

You cannot have an addiction for God and expect them to be met.

You can have addictions for people and certainly get them met.

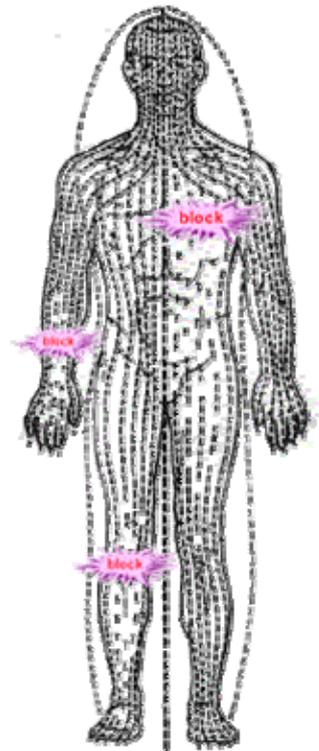


Love is a stable energy field that nurtures and supports life, and out of which come forgiveness and the beginning of revelations into the truth of life. Within the brain at an energy field of 500, and especially at 540, there is the release of endorphins, which is the correlation of love on the physical level within the brain chemistry itself. (This is the demonstration of physical changes corresponding to changes of conditions within the spirit world.) The view of the world coming out of this lovingness is a loving one, and God is one of unconditional love and forgiveness. This is a very important level for recovery from the addictions as demonstrated by its being the energy field of Alcoholics Anonymous.

The twelve-step groups, which are based on spiritual principles, calibrate at an energy field of 540, a critical level because it is the energy field of healing and unconditional loving. It represents commitment and alignment. Forgiveness becomes automatic because out of revelation, this kind of world is shown, and out of that understanding arises compassion. The capacity and desire to understand become foremost, and what is revealed is what becomes important. If a person has a fractured arm, it is

not important whether they were right or wrong. It is just important to fix it. Lovingness then becomes a healingness out of its intention to understand. It heals out of its power of compassion.

HIERARCHY of HEALING SYSTEMS



This is a different energy field from the one usually called ‘love’ by the world, which is often attachment and emotionalised sentimentality. When we hear someone say, “Well, I used to love Joey, but I don’t love him anymore,” what they really mean is that they never really loved Joey. They had a sentimental attachment, a dependency, a back-and-forth control, a lustful attachment, and an ownership in an emotionality. That which is truly loving is a decision, an inner intention, and a commitment that create a stable, unchanging energy field. We see this in the nonjudgmentalism of the twelve-step groups. When a member tells about an unfortunate event, the group is non-judgemental and supportive.

That unconditional love arises because the group is relating to the person's beingness. There is the love of the true self of who that person really is. Thus, there is the moving from the small self up to the large Self. The sustaining, nurturing, healing energy field of the twelve-step groups prevails, regardless of the personalities. AA has a saying: "Just bring the body, and you get it by osmosis." It places principles above personalities and means that it is the unconditional love of the healing field itself that nurtures, supports, and brings about the miracle of recovery.



Love never expects anything from anyone.

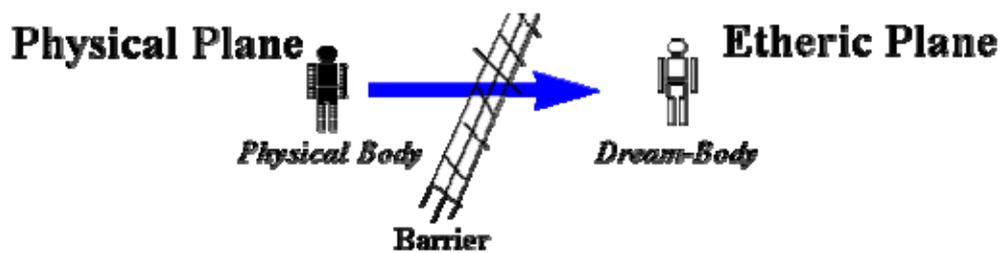
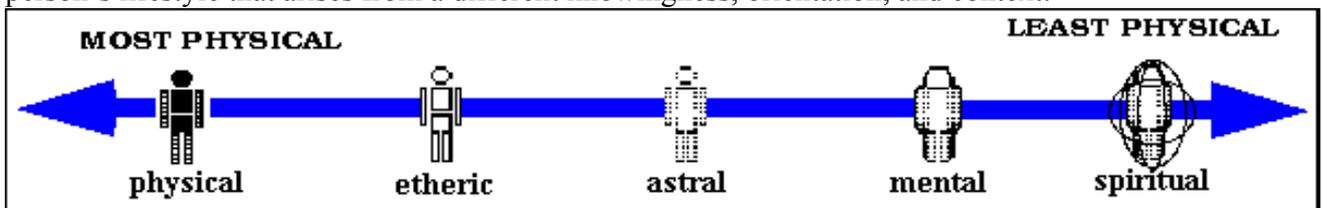
The importance of alignment with that energy field is because the feeling of gratitude, which is at about 540, is characteristic of AA. At this level are the values of laughter, humour, and the capacity for a different way of holding experiences. Instead of self-pity, fear, or anger and its expression as resentment, there is now humour about the experience, which at the time was perhaps tragic. Because of this willingness to be forgiving and understanding, out of the healing nature of this energy field arise the joyful states characterised by compassion and the desire to heal through understand. This transition marks the beginning of transfiguration in one's consciousness (soul condition), the beginning of seeking the perfection of the world and experiencing the oneness of all things and all life.



A gold cord connects the Soul to the Spirit Body and a silver cord connects the Spirit Body to the Physical Body. It is the disconnection of the silver cord from the physical body that results in the death of the physical body.

At the consciousness levels of the high 500s, there emerges an energy field called Ecstasy. It is not the 'jumping up and down' kind of emotionalism but an inner experience of extreme joy that eventually evolves into states generically called Bliss. These blissful states express as feelings of expansive wellbeing, of being at one with everything, of generous lovingness and forgiveness, and of extreme inner pleasure. This blissful state is important in the understanding of the addictions because the inner experience is the most impressive of all human experiences. It represents the experience of what is possible within one's Self.

The experience can also come out of meditation. A person who practices a meditative technique may suddenly go into an expansive state of Infinite Oneness and bliss, also called Samadhi, and become aware of what is possible. The knowingness of what is possible creates the desire to return to that state. The person's life usually changes to a considerable degree as a result of the experience. Many people leave their current lifestyle and shift to a totally different one that is directed towards spiritual purification and the removal of whatever blocks the experiencing of the state. This is also characteristic of people who have near-death experiences, even when they are declared dead in the operating room. The movie *Revelation* is about such a person and is clinically very accurate in presenting the experiencing of that infinite state of blissfulness. Subsequently, there is a dramatic change in the person's lifestyle that arises from a different knowingness, orientation, and context.



Spirit body rarely does leave the physical body, only upon death of the body.

The classic movie *Lost Horizon* depicts the same thing extremely well (Ronald Coleman was in the original version). You may remember that when he falls into Shangri-La (a state of unconditional lovingness that calibrates at about 600 – 3rd sphere), he experiences that state of consciousness (soul condition). When he tries to return to the ordinary world, which calibrates around 200 – midrange 1st sphere, he sees a world of successful doingness and gettingness. He cannot find any satisfaction in this world any longer compared to what he experienced in Shangri-La. This created the desire to return to that state of inner consciousness at any cost (which the movie depicted as a place, but which we know is actually experienced within consciousness). He risks his life in the Himalayas because of the drivenness to return to the state of Shangri-La.

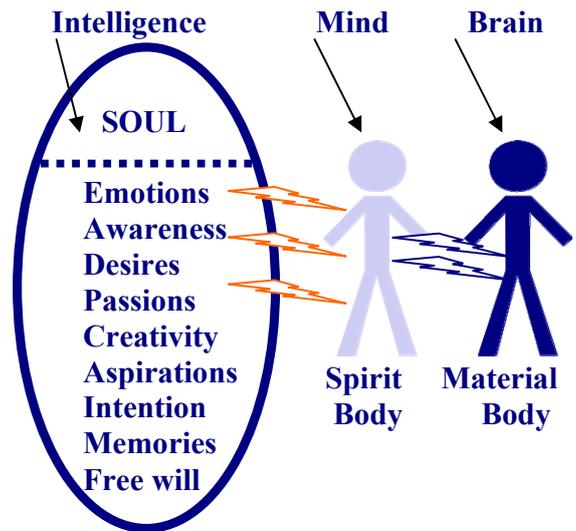
We have to look at where all human experience occurs. As we said the body is unable to experience itself and is experienced only in mind. It is the mind that experience the body. Mind itself is experienced by consciousness; otherwise, it would not be aware of what is going on within mind. The experience is taking place within an energy field of consciousness, and it is this inner experience within consciousness of a blissful state that captures people who have never taken drugs.

Now we can understand what happens in the drug or alcohol experience. This powerfully attractive, joyful energy field, the energy field of life itself, is like the sun that is always shining. The lower energy fields are like the clouds that blank out the experience of that which is always shining. A drug or alcohol blocks off the experience of the lower energy fields and allows the experience of a higher energy field. If we could block off all the energy fields below level 560, we would experience what is left, which is the energy field of Ecstasy. There is even a designer drug called Ecstasy created specifically to block off the experience of the energy fields below 560. With the drug experience, pharmacologically something has blocked off the lower energy fields and allowed the unobstructed experience of a higher one. Thus at the end of the day, the person who is full of fear, grief, regret, and anxiety stops in for two martinis, and suddenly temporarily jumps over the lower energy fields and moves up to the energy level of about 500, which can be called 'mellow'.

Mellow is that field where we sort of love everybody and are willing to forgive them. We are generous, easygoing, and all the kids love us when we are in that state; we take toys home for the children and flowers for our spouse. This energy state is sought in the drug experience because it blocks off the lower energy levels. As said before, these are addicting experiences because the mind, once having experience the state, wants to return to it.

When we ask the person who has had an alcohol or addictive problem to look at what they are seeking, to look at the experience that has become habitual and to which they return over and over again no matter what the price is, we find that they are seeking an inner state of consciousness. In reality, they do not even care about the drug itself. The drug is only the mechanics, the only way they know for accessing that state at the time. It is a certain way of experiencing their being, their existence, and it is a pleasurable, highly energised state. This is what they seek, and if a drug does not block off the lower energy fields, thereby preventing them from experiencing that inner state of blissfulness, then the drug is

The real you is your soul, that is the bit you want to develop.



Many, on the spiritual path, have become addicted to meditation. The reason why you can become addicted to meditation is that it can take you away from some core emotions that need to be felt and released and then you won't need any of these addictions at all. You will not need to meditate every day, in fact, you won't even need a day where you feel that you need to meditate to connect to God.

In the end you will not need any tools to feel your emotions.

no longer used or valued. We can see that the addiction is not to drugs or alcohol per se but to the 'high' state of consciousness itself.

If you are a drunkard here on Earth, you pass. Why were you drinking? Due to an emotional pain of some kind that you were trying to mask with alcohol. Your drinking was for that purpose. You pass and there is no alcohol. What would you do? You still want to mask the emotional pain. So you connect to somebody who drinks. So many of these people / spirits surround pubs and all these places waiting for a person (in the physical) to take their first drink, and when they do, they can connect to them, and the spirits encourage them to stay there. This is why, now a days, you have people who keep on drinking. You can talk to them and they can speak to you. You ask them what happened the next day and they have no recollection whatsoever.



By releasing your emotions, this may generally help the spirits surrounding you as well as yourself.

Many of the psychological explanations of addiction try to present it as though the person is running away from the lower experience of fear or depression. There are some excellent drugs that will handle that; for example, Thorazene eliminates anxiety but does not result in addiction as there is no 'high'. The same is true with antidepressants. An antidepressant will move one out of the depression, but does not result in a 'high'. Therefore, the alleviation of depression, anxiety, fear, or anger, is well handled pharmacologically by traditional medical drugs that are not considered to be addictive substances because they do not block off the energy fields at a sufficient level to allow people to experience the higher state.

We can see that the person is addicted to the energy field within, to that state of consciousness, which creates the desire to return to it. They are willing to pay the price because the mind begins to demand a return to that experience, no matter what the cost. The willingness to pay increases with time so that finally, in the end, it will ask the body itself. It will say, "If you keep on drinking like that, you are going to be dead within weeks or months." You know what the person does about that – they go across the street to the bartender, their old pal Joe, order a martini and say, "Guess what the doctor told me today?" At that point, the bartender orders him a drink for the good old times, and they kiss the body goodbye. The willingness to let all of it go is absent, and we see the price that people are willing to pay for the so-called addiction to this state of consciousness (soul condition). It mystifies people who have not accessed that level of consciousness in their drug experience. These people are willing to sacrifice all of it in order to return to this energy field that we call Bliss – the inner Shangri-La.

Our Law of Attraction gradually ramps up over our life.



We see the same thing going on with people who have never taken a drug. By virtue of their destiny or previous spiritual work, they have risen into the energy fields of these higher experiences, and they do the same thing. They have the willingness to give up power, money, position, and titles in the world, and they devote all their time and energy to returning to this state of consciousness. The movie, *Lost Horizon*, really tells us the story of the motive of addiction by showing the willingness to sacrifice all of life for a certain state of consciousness.

There is an innate awareness of what is really true, and addiction is a false start to experiencing the truth because it does not work. Thus, the reason for giving up the addiction, alcohol, or drugs is not because it is wrong but because it does not work anymore. It does not work because through drugs and alcohol comes the progressive loss of inner self-respect, along with adversities and negativities of these energy fields. It is the beginning of experiencing very negative events in one's life. There can be the beginning of the loss of relationships, credit cards, status, physical health, and functioning of body organs, which signifies the downhill course brought about by the denial of the truth. The denial

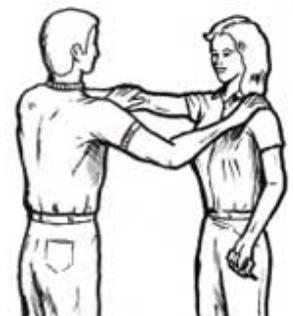


The effect emotion – addiction – I feel unloved!

These addictions become these hooks into the world around you.

of the truth from level 200 on down is due to putting the power outside oneself. In addition, the person has given away the source of their happiness and meaning in life by projecting it onto the outer world and giving that power to the drug or alcohol, to some substance outside themselves.

The drug in and of itself has no power at all to create the higher experiences. We tested and researched this many years with literally hundreds of people clinically and in the classes we gave for people who were fighting or right in the middle of handling their addictive problem. Using the diagnostic method of discerning truth from falsehood, we tested the proposition that “The drug has the power to create this higher experience,” and universally, one hundred percent of the people went weak with that statement, proving that it is a lie.

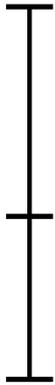


The drug has no power whatsoever. Then we presented them with an opposite concept and had everybody in the class hold in mind the thought that “The drug blocks off the energy fields that are

coming from the ego self and allows me to experience the joyfulness of that which is my real Self.” Instantly, everybody in the class went strong, indicating that the statement is true.

DESIRE / FEAR PENDULUM:

DESIRE



Desires need to be higher than the fear to feel the emotion.

FEAR



Reduce fear with truth.



DESIRE NEEDS

To enter emotions:

Prayer to grow our desires.

Prayer to feel truth.

Nurture feelings that are positive.

Lessen the fear that suppresses the desire.

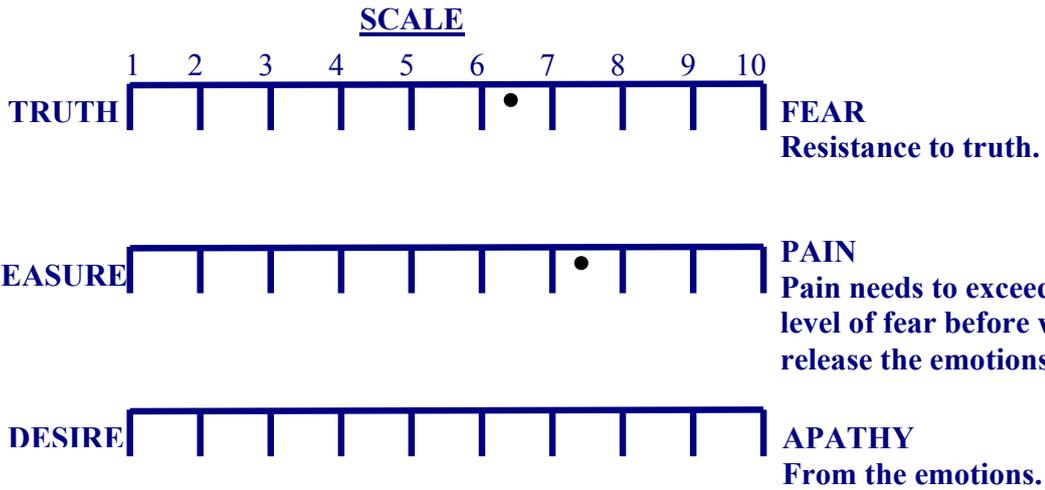
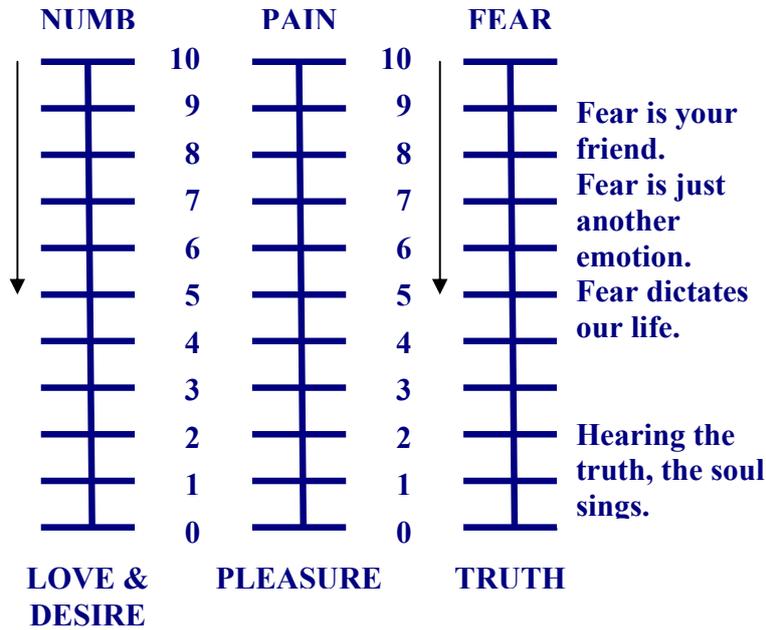
TRUTH (all happens emotionally)

The truth is that the drug has no power whatsoever to create these experiences, but it does have the pharmacological capacity to block off the negative energy fields, allowing a person to at least get into the ballpark. Of course, it is not the real state of Bliss that is experienced by the person who has earned it through their own progressive spiritual work, but at least it is similar to that experience. Feeling the energy that is closer to the truth of one’s own being allows us to utilise this knowledge now in understanding recovery from addictions.

When a person seeks treatment for an addiction, they are usually at the bottom of the Map of Consciousness and filled with self-hatred, hopelessness, despair, regret, and despondency. The energy field of apathy, hopelessness, and despair is one in which the person cannot help themselves. Hopeless means just that. For example, the president of a county bar association literally died of starvation while living alone in a rooming house. He was addicted to a combination of Valium and alcohol. He never picked up the phone to call anybody for help. A person of that calibre has many friends, all of whom would have dropped everything to help him, but he felt there was no point in making the phone call because there was no hope. That hopelessness of one’s condition often expresses itself as “My case is different; my case is different,” meaning “you may well recover from this, but my case is hopeless.”

Change your Environment around you so that you can enjoy working on your emotional condition.





GOD RELIANT **SELF RELIANT**
When in Truth, all of God's Laws work in harmony for you.

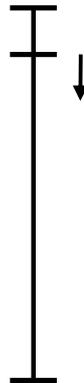
Out of this apathy and hopelessness in which God is dead for the person, all we can do is pour energy (love) into them. The process going on in consciousness (soul condition) is that of the loss of energy. The person is de-energised, as was the woman who was rocking back and forth in her rocking chair, staring blankly out the window. Reason has no effect. We saw that when the telegram arrived from the Department of Defense saying the death of her son was a mistake. Her energy field did not change. She kept right on rocking back and forth, staring out the window. The answer is to pour energy (love) into that person through our concern, lovingness, physical presence, nutrition, and every possible way in order to move them up to the next energy field of Grief.

PAIN / DESIRE



Desires need to be higher than the fear / error to feel the emotion.

FEAR / ERROR



Reduce fear with truth.

If your fear is greater than pain we will not deal with the pain.

We are accepting the fear more than pain.

We need to get fear lower than pain / desire so we can address the pain.

Pain is error leaving.

PLEASURE

TRUTH (all happens emotionally)

1. **Breath – into diaphragm.**
2. **Feel your body – be in your body.**
3. **We want to get into an emotion as they occur – allow the emotion immediately.**
4. **Pray – a longing directed towards your Creator for assistance to deal with our emotions. PURE connection with God, needs to be with sincerity.**
5. **Allow your Law of Attraction to trigger your fears – notice your LOA.**

Grief has to do with the past, and when the person comes out of a blank, shock-like state, they begin to cry and regret the loss that all the addiction has cost them. There is regret, along with a feeling of self-pity and sorrow for the fact that they are in a rehabilitation facility or in the space they are in life. They are sad about life and their addiction and feel completely neglected by God.

At this level there is regret about the past, so we move the person's energy field up to the next level, which is one of Fear. At this point, the person begins to fear the addiction, aided by worry and anxiety. Fear has to do with the future. The person is no longer in an inflated state of denial; on the contrary, they are deflated. The world looks frightening, and they may feel that God is punishing them for their past sins. They misinterpret the addiction as a punishment and fear more punishment and further loss in the future. But the energy of each thing can move one up to the energy of the next. The person moves out of fear of the addiction into the desire for something better than being a victim or wanting and craving. This moves them up to Anger.

DEPRESSION



ANGER



FEAR



GRIEF

Three things that you need to progress are simple but not easy to do:

1. **Humility – desire to feel all of your own emotions whether pleasurable or painful.**
2. **Pray for God's Truth – having a desire and longing for God's Truth.**
3. **Pray for God's Love – long for God's Love to enter you.**



Anger has a lot of useful energy in it, not the form of anger itself but the energy of anger in which the person becomes angry over their predicament in life and being the victim. This anger can be used in a constructive way as a turning point away from defeatism. Better than hopelessness is the pride in doing something about it by taking action and beginning to move up into caring for oneself and one's position, and then moving up to the next energy field of Courage.

The courage to tell the truth is crucial in the addictions. We see the powerful effect of the first of the twelve steps in AA – the admission that one is powerless over alcohol or drugs – which now allows for the capacity to face, cope, handle, and be appropriate. It represents re-empowerment. The world is then seen as an opportunity, and for the first time, there is the benefit of an open mind, and the truth now has a way to enter the mind. Pride can be utilised to move the person up into Courage and to



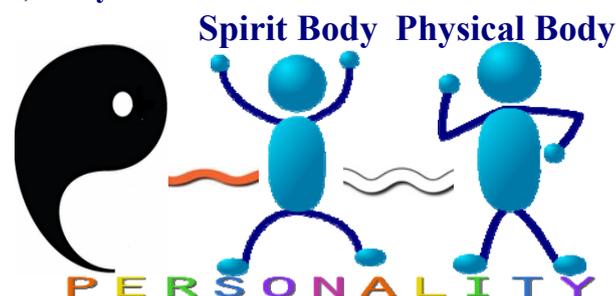
look at the facts. Doing so provides encouragement to move up to the next position, that of letting go of resisting the facts and being released from that resistance in order to begin to view the world as an okay place. This allows one to utilise and experience inner freedom to explore, expand, and then move up to the willingness to say yes, join in the exploration, and agree to align with it. The person thus develops the capacity to see the whole rehabilitative process in a world that is friendly.

Every physical pain in our body, every illness you ever have is the result of emotional denial.

There are a lot of things at work with sickness. With the majority of sickness, there is an emotion within our soul, the emotion in our soul blocks the energy flow in our spirit body, the energy flow in our spirit body is what keeps our physical body well.

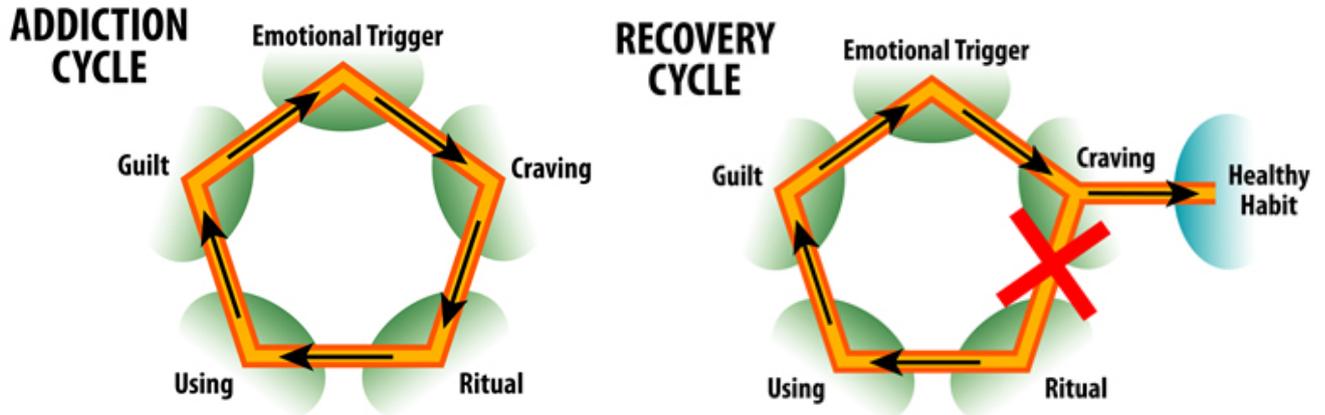
So when the energy stops flowing in a certain part of our spirit body, our physical body becomes affected by the slowing energy or by the energy that has stopped flowing. And that then exposes that part of the body to outside risks or internal risks like cancer.

All sickness is an emotion, every one.



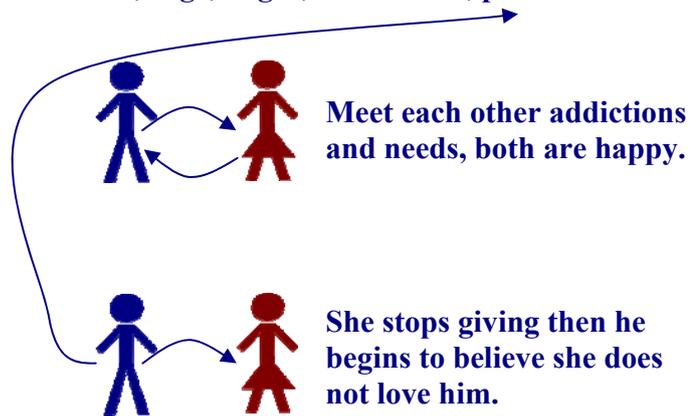
Alcoholics Anonymous and other recovery programs are then viewed as promising and hopeful, and the person feels that perhaps they will recover. Acceptance is a very powerful energy field where one realises the power to make these decisions. Confidence, a feeling of adequacy, and transformation occur through experiencing that the world is harmonious. On the one hand, it has presented the person with a problem, but on the other hand, it has also provided the answer. That which is merciful God provides

the solutions, so although one may have an addiction, there are hundreds of thousands of people around who have found the answers and are only too willing to be helpful.



With surrender, the world begins to look friendly, harmonious, merciful, helpful, and hopeful, and it offers acceptance. With the letting go of the resistance and denial, an energy field of lovingness emerges. The person then commits to an energy field that is healing by joining one of the twelve-step groups whose energy is innately healing. (AA calibrates at 540.) The person's willingness to align with it and accept the healing is essential. Through that willingness then comes acceptance. The truth about this is accepting the necessity to be in an energy field that is nurturing, supportive, understanding, and unconditionally loving. In that field, people know they are in a safe space. To remain aligned with that ensures their survival. With that experience come the joyfulness and the beginning of experiencing an inner serenity and seeing the perfection and oneness of the energy field of which one is now an integral part. It is the willingness to tell the truth that moves one up through this very critical level.

Addiction is something when you do not receive it you feel hurt, rage, anger, resentment, painful emotion.



The first step of the twelve-step program is the willingness to admit the truth that one is powerless over alcohol or drugs and that alcohol or drugs are making one's life unmanageable. The second step then becomes very significant in that the 'restoring us to sanity' is by a power greater than oneself. Thereby does the ego surrender to God (as the self surrenders to the power of the Self).



We look at joy and bliss and see that the energy field starts at about 500 and runs all the way up to 600. that field is like a powerful electromagnet pulling one back into wanting to re-experience that experience in consciousness. Therefore, to handle it, something with equal power will be needed to replace it. The second step is really the intuitive knowing that something greater than

the ego or the limited small self is going to be needed to handle the attraction of such a powerful energy field.

The third step is the decision that comes out of that, which is the surrendering and willingness to turn one's life over to God, as one understands Him. Out of willingness itself, the God of one's own understanding is already a friend – a promising, merciful, and responsive God. The willingness to be trusting sources the element of faith, so the third step of deep surrender really moves one into alignment with the energy field of 540 and above. The rest of the twelve steps now makes sense from the viewpoint of the levels of consciousness as we have looked at them.

So much of what man has created is to enable him to avoid taking personal responsibility, e.g., the pharmaceutical industry.



The most difficult emotion that the human race has to give up is the emotion of self reliance.



Addictions:

Expectations

Demands

When you are completely loving, you will never have an expectation or demand.

Expectations and demands are unloving.

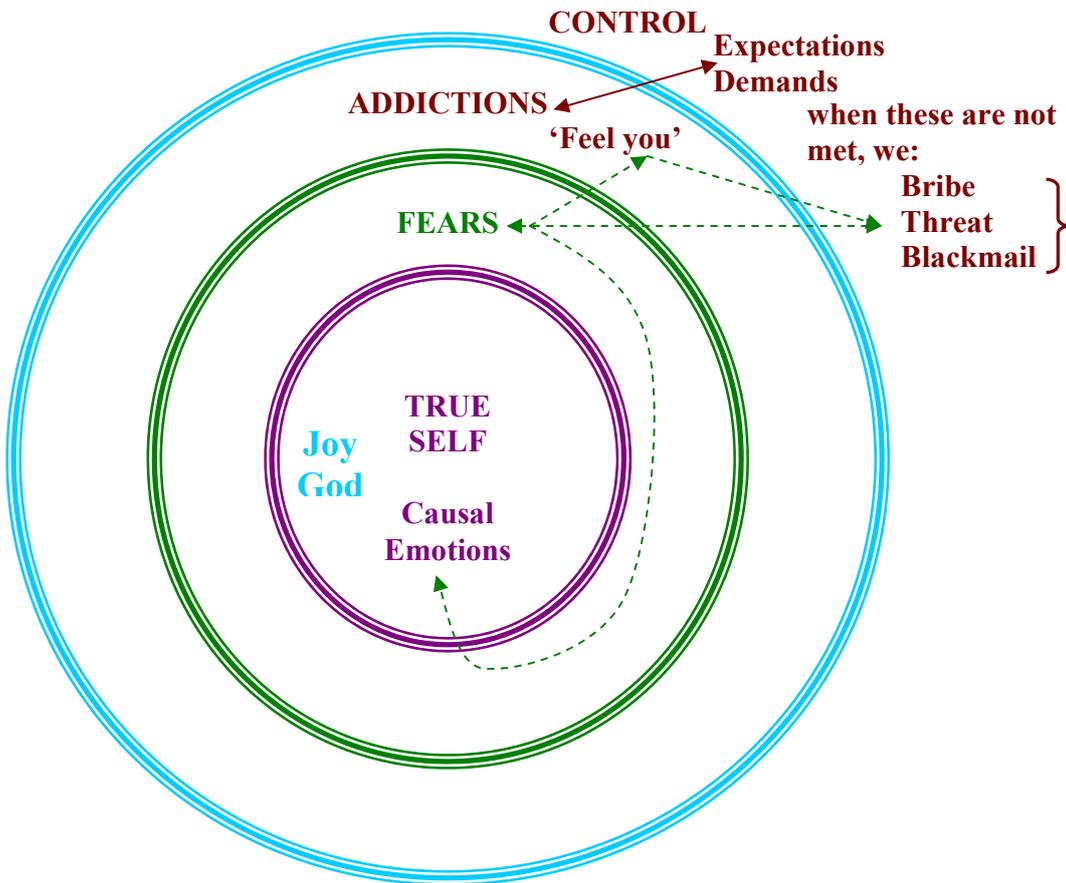
When our expectations and demands are not met we enter into anger, rage and unhappiness.

Expectations and demands are all about control.

The fourth step says to honestly look within oneself to discover any defects of character and to take a fearless moral inventory, which entails the willingness to look at and own all that was negative one's life.

Then follows the fifth step, a very healing step by which to admit to oneself, to God, and to another human being the exact nature of one's wrongs. That step changes the energy field and removes the negative charge from it. Taking off the negativity has not changed the history, but the way it is held has changed, making inoperative that which previously had the capacity to corrode and destroy. Bill Wilson, the founder of AA, used to say that the correct attitude about the past is a decent regret, which is quite different from self-hatred, shame, or wallowing in guilt. Instead, one then comes from the heart. Bill used to say that AA is the language of the heart and from the heart, which heals with its humour, acceptance, lightness, and willingness to heal the past.

The healing then proceeds out of step five and is expressed in restitution in steps six through nine, which are really the reparative steps. In those steps, the person takes responsibility to actually do something in the world to repair any damage that is repairable and to mend whatever fences can be mended so it is not just a mental intellectual exercise. It becomes real and relieves the guilt about what one has done in the past. The best of one's ability, one goes back into the world and tries to repair the damages that have been done to the degree that they are repairable.



Step ten then says that taking responsibility for the content of one's own consciousness and having the willingness to clean it up then becomes a way of life on a daily basis. The daily inventory makes note of what was lacking in integrity, where one could have done better, and where one could have been more loving. Step ten is owning responsibility for the process of spiritual progress and committing to it as a way of life.



***Before you are about to do something,
ask yourself: Is this action loving?***

Step eleven is interesting because it says if one has thoroughly done steps one through ten, one will reconnect with something that was sought in the first place through drugs and alcohol. It says that prayer and meditation will increase consciousness contact with God as He is understood, asking only for knowledge of His will and power to carry it out.

Only Three Things Needed

A L O N G I N G for GOD'S LOVE to ENTER YOU
 A L O N G I N G for GOD'S TRUTH to ENTER YOU
 H U M I L I T Y
 Humility is the passionate desire to experience fully
 ALL of your own emotions,
 without blame, judgement or condemnation

Step eleven does not say, "We begin", it says that conscious contact has already happened. It occurs through internal surrender and honest commitment to lovingness and Self as a lifestyle. One connects with God through the heart because that which is Divine, that which is God, and that which is love are all the same thing. By commitment to lovingness as a lifestyle, as a way of being in the world to the best of our ability, we reconnect with some rock-like, joyful inner experience that was similar to what we sought through alcohol and drugs in the first place.

Step twelve reveals what the whole addictive process is about and what its nature is in the field of consciousness. Step twelve says that having had a spiritual awakening as a result of the steps and becoming conscious is a result of the entire addictive experience. One now has the capacity to carry this message to others and express it in one's entire life. The twelfth step tells us that the whole purpose of the addictive process was to awaken us and move us up from one level of consciousness (soul condition) to another; to go from being asleep and unaware to being awake, conscious, aware, and responsible; to move from being unconscious, irresponsible, and the helpless victim to owning ourselves as being spiritually responsible for the happiness within our life.

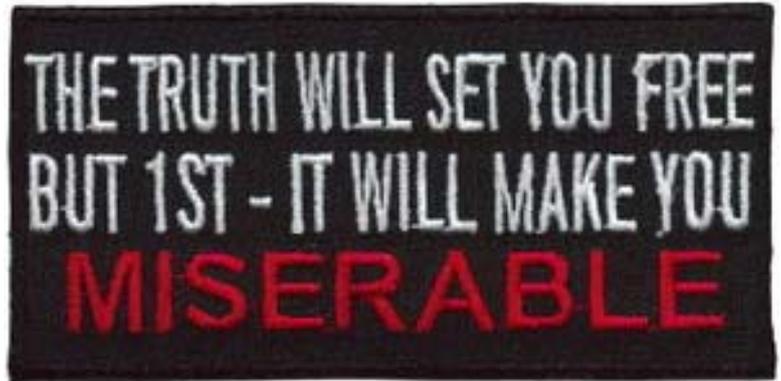
Most of the time, attractions on Earth are caused by emotional injuries being compatible. We have co-dependent attractions. When you clear away all of your emotions, your attractions won't be based on injuries anymore, they will be based on pure desires.

This precludes putting the source of happiness outside of oneself. Instead, one realises that the source of happiness is the same as the source of life and comes from responsibly owning oneself as a spiritually aware person.

There is now a different context within which to hold the whole addictive process of movement, of increasing consciousness and awareness, so that alcoholism and drugs then require a person to become more awake in order to survive. These diseases are progressively fatal, and the only way to recover from them is to become progressively spiritually aware and more conscious (improve your soul condition). Life itself depends on becoming conscious via major self-confrontation with something that the higher Self has picked that will force one to grow because there is no turning back. The only options

are to surrender one's will to God or go insane and die. There is no reprogramming of the brain cells once they are programmed. There is not enough room on the tightrope to turn around and change one's mind. Once one is into the addictive alcoholic process, there is no turning back. There is only confrontation with owning the truth about one's self. Recovery depends on accepting that process, moving joyfully into it, and being grateful.

Now it is understandable why speakers at AA meetings say they are grateful that they are alcoholics. To the newcomer, this indeed sounds like madness. Grateful? How could one be grateful that one has become addicted or an alcoholic? Because that forced one to grow and become conscious. It forced one to become aware and therefore grateful for the process. At first one resents and resists it, but then one actually accepts and agrees with it. One begins to love and experience joy and finally achieves that state called serenity.



There is an inner knowingness that this was one's destiny – the way of doing it, and the way that was chosen – which results in the awareness that one never could have reached this great understanding by any other way. Some people just have to experience it this way. The ego has to hit bottom in order to surrender and find God. For those who do, great gratitude comes about, along with a greater understanding of the nature of consciousness itself. Those who surrender to God receive the gifts of God.

Natural Love Flow

Natural love is Creation's love;

One can swap back and forwards between paths

I am God

Intellectual

Self reliant (trust myself)

Self-determination way of life

Mind dominates

Adult like

Control

Millions of paths (man created)

Peak possibility is 6th sphere

time to complete path:

100 years to over 1,000 years

Divine Love Flow

Divine Love is Soul's love.

I am God's son / daughter / child

Emotional

God reliant (God relationship)

Soul-spirit living harmony

Soul dominates

Child like

Feeling

Defined path (God created)

Peak possibility is infinity

(sphere / mansion world are same)

5 years to over 10 years to at-onement

'The difference between what are regarded as two paths, the Natural Love Path and the Divine Love Path, is, essentially, the amount of Divine Love that beings have been able to acquire.'

Quote from Celestial Spirit Richard 22 Dec 2012

LACK of SELF- LOVE:

- A composite of:
- a. lack of self-worth
 - b. lack of self-acceptance
 - c. arrogance and pride
 - d. self-loath and hatred
 - e. lack of self-awareness.

Why one has imperfection in their natural love is due to an extension of one of these traits, and all these traits relate back to one single finite Truth, which in its cause is a lack of self-love. The lack of self-love to one's self is the cause, the root cause, on why there is so much fear within individuals, the human world and the lowest spheres in the spirit world. The individual will have a memory that describes how this lack of self-love appears and many people deny this existence of the lack of self-love within themselves because it hurts too much to see it.



Cause No Harm < to OTHERS
to MYSELF

Strive to love others as I am to love myself

LIVE FEELINGS FIRST

Our perfect soul is founded on natural love. Our soul may become encased / encrusted in error bringing about lack of self love. To dissolve the errors encrusting our perfect soul is by growing in truth through the ongoing healing of one's negative state, by doing our Feeling-Healing of our toxic emotions. By ending our feeling denial and healing any personality expression denial we have.

The Mother and Father's Divine Love will slowly strengthen our resolve to perfect one's own natural love, should we address such errors. Slowly but surely, with the Divine Love, our soul's condition will grow and grow. With the Love this will fit one to enter the Celestial Heavens, and beyond, being in the love of all that surpasses man's imagination. Try the experiment.

I ♥
ME

ADDICTION TRAVELS with YOU when ENTERING the SPIRIT WORLD!

SHINING TOWARD SPIRIT: Vol III, p. 173, 14 Nov 2014 – 14 Mar 2015 Zara and Nicholas
685. The Story of My Beginning www.lulu.com

Feeling the Love (Divine Love) is a beautiful experience for me. If I can be honest in my word, I didn't feel too much in my relatively short human life. I passed into the spirit world by the mishap of substance abuse. Much of my human life was a blur and I was numb to most things. When I became a spirit I was amazed that I was still alive. My problem in my spirit body was the memory of my addiction. I still had this in the beginning of my spirit life. I didn't think that I would ever overcome it.

I also realised how ashamed I was at the lack of any love living in my life. I was in a poor condition. Thankfully I received guidance from a saintly looking woman who herself had become a spirit over a hundred years ago. She told me that she had helped individuals who were in my condition and that I needed to trust her, which I did. I was aware that my life experience had changed and that I needed help to relieve myself from the memories that somewhat haunted me.

A little time passed and I gradually learnt self-respect and self-love, which was reflected in my spirit body becoming more vivid to me in its attribute. I have learnt that love has real form and energy to it by the way that love fulfils the spirit body. I am now in the 1st Natural sphere, which is where I first began my spirit life, only my condition (soul condition) took me to a lower sphere. I have returned with true guidance and now I will learn more about this Love (Divine Love) that spirits are living with that makes them bright in their appearance. What I have shared with you is the beginning of my story, for now I have the confidence that my addiction was the greater need in my soul to feel loved and not isolated and alone in fear.

I have enjoyed my being able to communication with you, which I have struggled with had I not received encouragement and guidance from a brighter spirit present.

Trevor

Golden Rule: that one must always honour another's will as one honours one's own.

<p>Whilst we are receiving the Father's Divine Love, and that this Love is causing change within our soul and spirit attributes, the greatest Truth known to man and spirit is that this is the way the Father is actually loving us! When we progress, it is the Father's way of loving us into love and then we live what we are, love.</p> <p style="text-align: right;">Message 278 Destiny</p>
--

Live true to your feelings, and you ARE living true, not only to your own soul, but also true to God's soul. So doing your Healing by honouring all your feelings, IS living the will of God. And being fully Healed, IS living even more truly the Will of your Mother and Father.

To liberate one's real self, one's will, being one's soul, is by embracing Feeling Healing so to clear emotional injuries and errors. With the Divine Love, then one is also Soul Healing. We are to feel our feelings, identify what they are, accept and fully acknowledge that we're feeling them, express them fully, all whilst longing for the truth they are to show us.

Our salvation IS by embracing Feeling Healing with the Divine Love.

God's Divine Love: Pray for it, ask for it, and receive it.

Please Mother and Father, may I receive Your LOVE.

“Every day is a day of devotion.”

Follow your heart, follow your love and do that in loving action, your inner love leads in your asking the Soul of God to receive a little of the Love to strengthen one's resolve to heal.

“I love you Father.” “Let the Divine Love proclaim its energy into my soul.”

“Mother – Father, I desire your Love and I am loving you.”

“Soul God, I love you and I love receiving and experiencing your Divine Love.”

“True Soul God, I am here, I am aware of your Love. Please hear my aspiration for your Love and as I approach you from my soul, I can feel your Love in the way that you are loving my soul.”

Try it; give the Feeling Healing and Love a go! If you want to shine, receive the Love.

One can simply receive the Love without following any religious or spiritual teaching taught by man!

Emotional errors and injuries cause encrustment around the soul, the soul is never damaged however, the encrustments retard love energy flow to and from the soul. Feeling Healing melts such injuries.

Three Great Truths:

- **God is Soul, being our Heavenly Mother and Father;**
- **that each individual soul is a duplex – both male and female;**
- **and Feeling Healing with Divine Love is the pathway to Paradise.**



PRAYER for DIVINE LOVE: library download pages at www.pascashealth.com
 Kindly visit the library download pages at www.pascashealth.com as further recordings are added.
 Should you click on the audio files, you will also be able to download the audio file onto your computer.
Prayer for Divine Love – from the Padgett Messages (Medical – Spiritual References)
<http://www.pascashealth.com/index.php/library.html?file=files/opensauce/Downloads/MEDICAL%20-%20SPIRITUAL%20REFERENCES/Prayer%20for%20Divine%20Love%20from%20the%20Padgett%20Messages.mp3>
The Voice of Divine Love (Medical – Spiritual References)
<http://www.pascashealth.com/index.php/library.html?file=files/opensauce/Downloads/MEDICAL%20-%20SPIRITUAL%20REFERENCES/The%20Voice%20Of%20Divine%20Love.m4a>

The Only Prayer That Man Need Offer to the Father:

(as given within the first century)

The Prayer for Divine Love

2 Dec 1916

I am here, Jesus

<http://www.youtube.com/watch?v=Pg6p3rivAZw>

P.438 Book of Truths through James Padgett / Jesus

Let your prayer be as follows:

Our Father, who art in heaven, we recognize that You are all Holy and loving and merciful, and that we are Your children, and not the subservient, sinful and depraved creatures that our teachers of old would have us believe. That we are the greatest of Your creation, and the most wonderful of all Your handiworks, and the objects of Your great soul's love and Tenderest care.

That Your will is that we become at one with You, and partake of Your great love which You have bestowed upon us through Your mercy and desire that we become, in truth, Your children, through love, and not through the sacrifice and death of any one of Your creatures.

We pray that You will open up our souls to the inflowing of Your love, and that then may come Your Holy Spirit to bring into our souls this, Your love in great abundance, until our souls shall be transformed into the very essence of Yourself; and that there may come to us faith--such faith as will cause us to realize that we are truly Your children and one with You in very substance and not in image only.

Let us have such faith as will cause us to know that You are our Father, and the bestower of every good and perfect gift, and that only we, ourselves, can prevent Your love changing us from the mortal to the immortal.

Let us never cease to realize that Your love is waiting for each and all of us, and that when we come to You, in faith and earnest aspiration, Your love will never be with-held from us.

Keep us in the shadow of Your love every hour and moment of our lives, and help us to overcome all temptations of the flesh, and the influence of the powers of the evil ones, which so constantly surround us and endeavour to turn our thoughts away from You to the pleasures and allurements of this world.

We thank You for Your love and the privilege of receiving it, and we believe that You are our Father --the loving Father who smiles upon us in our weakness, and is always ready to help us and take us to Your arms of love.

We pray this with all the earnestness and longings of our souls, and trusting in Your love, give You all the glory and honour and love that our finite souls can give.

Amen

MoC



Note: The 'false teachers' are our parents, as they are also the 'evil ones'. Also, the evil ones, being those parts of one's mind, that are controlling you.

Lack of love of self is reflected in how one keeps themselves and their surrounds tidy.



DENIAL

Addictions are all denials.

Grief is the Healing Emotion.

The only person who can release this emotion within me is me, no one else can do that for me. No one can feel the emotion in you. You must do this emotional work for yourself. On the Divine Love Path, everything we choose to do must come from a pure motive from within yourself.



“Every day is a day of devotion.”

Please Mother and Father, may I receive Your LOVE.

God's Divine Love: Pray for it, ask for it, and receive it.

Our salvation IS the availability of the Feeling Healing process and Divine Love.



God does not respond to addictive demands.

Anger based responses are when you are not getting an expectation or demand met.

It is important to understand the interplay of what happens between yourself and your own addictions and how that draws malevolent spirits into play, and what they do with that. They revert to bribery in order to satisfy your addictions, threats in order to trigger your fear, or total blackmail in order to remove love from you completely.

There is no such thing as a positive addiction.

“I help other people.” Then I get exhausted!

When you are in love, you will not get exhausted.



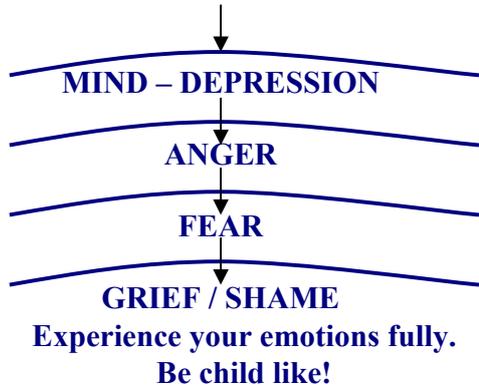
There is no such thing as righteous anger.
Anger always comes from addictions not being met.

There is no justification for violence.



Experience emotions is to experience them fully.

DESIRE for God



The Addiction Cycle



Violence is never Justified



**Feeling
Healing with
Divine Love is
the key!**

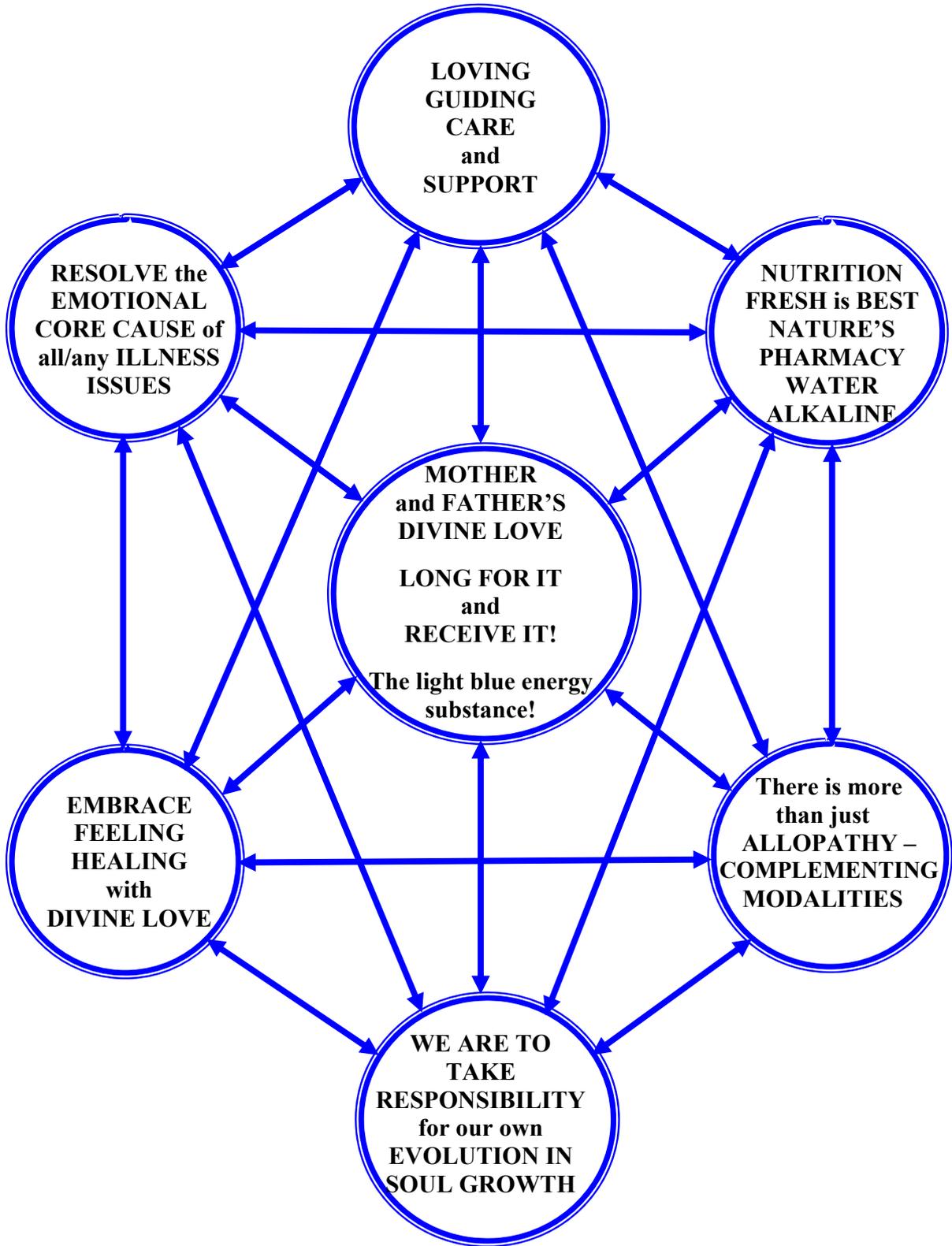


PAPER S
SCA



HEALTH and HEALING

EVERYTHING is INTERCONNECTED!



Feeling Healing – Healing yourself through your feelings.

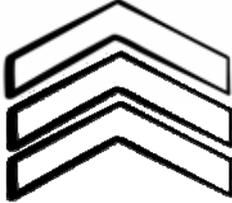
- ✓ **Your feelings are the real and true you.**
- ✓ **If you are denying any feelings you are denying yourself.**
- ✓ **If you are denying yourself you can't ever be truly happy.**
- ✓ **To heal all your pain and suffering, you can look to your feelings for why you are feeling bad.**
- ✓ **If you want to know the truth of yourself, then it's your feelings you will need to look to.**
- ✓ **Your feelings hold the hidden keys to unlocking the truth of who you really are.**
- ✓ **Uncover the truth of yourself through your feelings and you will know why you feel all you do.**
- ✓ **Everything in life, why all that happens to you does, and everything about yourself, can be explained to you through your feelings.**
- ✓ **Why your relationships might not be as good as you would like, why some might fail, you will understand through your feelings.**
- ✓ **How to live a good, true, happy and loving life will come to you as you start paying attention to all your feelings.**
- ✓ **However you will also have to pay attention to all your bad feelings, and this can be very harrowing.**
- ✓ **By honouring – accepting and then expressing all the bad feelings you feel, you will slowly bring to light all the reasons why you don't feel good.**
- ✓ **And as you liberate yourself from these hidden repressed bad feelings, so you will start to feel better and better about yourself.**
- ✓ **It's a process, and it can take time, years possibly, but all that's hard will eventually pass becoming good.**
- ✓ **Expressing all your feelings, and particularly your bad ones, whilst longing and really wanting to know the truth of why you're feeling them, is doing your Feeling Healing.**
- ✓ **You can Heal yourself through your feelings. And in fact, it's the only way to really heal yourself.**
- ✓ **And if you wish to do your Healing with God, you can also long for God's Divine Love.**
- ✓ **Feeling Healing – Using your feelings to heal yourself.**

The CHOICE is OURS to MAKE:

Celestial Truth:

Truly all-loving;
 Living true to oneself;
 Mind supporting Feelings;
 Living with the Divine Love;

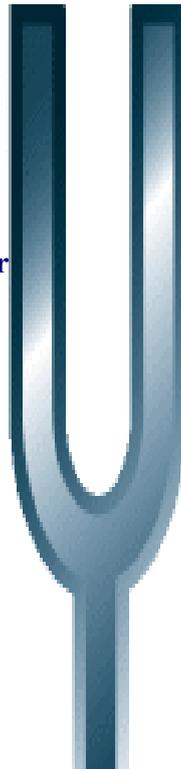
Fully Healed of the Rebellion and Default.



THE FEELING WAY

Feeling – Ascendance
 Unlimited progression

- Living true to your untruth;
- Honouring all your bad feelings;
- Expressing feelings to uncover their truth;
- Healing the Rebellion and Default within yourself;
- Feeling unloved; being unloving;
- Feeling as bad as you can feel;
- Feeling like you are no one special;
- Longing for the Divine Love.



THE MIND WAY

Mind – Transcendence
 Limited progression

- Enlightenment, Nirvana, feeling all-loving;
- All false, mind-contrived. Anti-truth, anti-love;
- Still evolving the Rebellion and Default within yourself;
- Feeling and believing you are the Superior One;
- Living with your mind in control of your feelings;
- Living rejecting all your bad feelings;
- Living with your mind contriving you feel loved;
- Rejecting the Divine Love.



All religions, New Age, agnostic,
 atheists, no spiritual interest,
 Living the Rebellion and Default.

Hell:
 Exploiting the Rebellion and Default.

The Feelings are the doer; the Mind the teller. So we are to go with our feelings, which we can't be told to do with our mind. So the longing for the Divine Love, doing our Healing by expressing our feelings and longing for their truth, are all feelings and doing it with longing. Whereas the mind just wants to tell us what to do and how to be, no feelings in it, all how our parents have treated us.

FEELING HEALING + SOUL HEALING

To heal one's self is to simply look to see what feelings we are refusing to let ourself feel, and accept them instead of denying them. And to fully accept them, one needs to express them, speak about them, let them have their say, rather than pushing them aside, refusing to let them make you feel bad.

Doing this all with the intention of seeking the truth of why you are feeling them, of speaking about and expressing all such feelings; all feelings you have, but ALL WITH the INTENTION of UNCOVERING the TRUTH THEY WANT YOU TO SEE ABOUT YOURSELF. And it's the wanting to see the truth of them that is very important, because if you just look to accept them and speak and express them, but not seek their truth, then that's all you'll be doing, speaking and expressing them, but not healing their causes, so not fixing the things within you that are making you feel bad. And it's the truth part of it, seeking the truth of your feelings, and so, seeking the truth through your feelings, that's vitally important. It's the truth of yourself, life, nature and God, that is the spiritual aspect to it all.

You CAN'T find the truth of yourself, or anything else, through and with only your mind. You HAVE to engage and look to your feelings. And so if you choose to allow your feelings to 'Show You the Way', then the truth will come as you express them. So to do our Soul-Healing consists of these steps, all of which are ongoing until it's done:

- **Admit you are feeling bad.**
- **Accept your bad feelings, identify what they are.**
- **Honour fully your bad feelings by expressing them, speaking about them to someone who is willing to hear you talk about them, or tell them out loud to our Heavenly Parents. Long for the truth of them. Long for the truth of why you feel bad – what deep within you is causing your bad feelings?**
- **And remember, bad feelings are Good! Not bad. They are not to be despised. And as hard as it is to accept them, they are still you, and a very real part of you. And if you persist in denying them and not allowing yourself to fully live them, then you are only going to keep yourself in your errors making things harder for yourself.**
- **All sickness and suffering, all bad things that happen to you, all your problems, all your addictions – your whole feeling-denying and untrue life, is all caused by your denial of bad feelings.**
- **Every problem in the world is brought about because everyone has been brought up to deny feelings, and in particular, most of their bad ones.**

If one is intent on spiritually evolving and growing in truth, then it's vital, and this is the key, that one looks to use one's feelings as the means to gain and have access to the truth of oneself. You CAN'T find the truth of yourself or anything else through and with only your mind. You HAVE to engage and look to your feelings. And so if you choose to allow your feelings to 'Show You the Way', then the truth will come as you express them.

Doing your Soul-Healing with the Divine Love, is really doing your 'Feeling-Healing'. We are designed — created — to be self-revealing of truth, and so we are all to uncover the truth within ourselves and for ourselves, and all being done by living true to our feelings. **If you accept, express and seek the truth of your feelings, then truth will come to you, and you'll grow spiritually. It's as easy as that. Also it is as easy as it is to long for, ask for and receive Divine Love.**

THE HEALING OF YOUR BAD FEELINGS THROUGH THEIR ACCEPTANCE
AND FINDING THE TRUTH OF THEM, IS THE ACCEPTANCE OF YOUR
NEGATIVE, REBELLIOUS, EVIL, IMPERFECT MIND AND WILL CONDITION.

To do our feeling-healing we need to become:

Aware of – Acknowledge – and Admit, our bad feelings.

So we can:

Accept – them and allow ourselves to Be them.

And then if we feel to, take:

Action – Express, speak and emote them.

Talk about them.

All being done whilst longing to, really wanting to, see the TRUTH of our feelings.

So it sounds simple.

So I repeat:

We accept our bad feelings by expressing – speaking about them to someone willing to listen to us and take us seriously. And as we speak we long for the truth of them – why we are feeling them – to be made known to us. And when we uncover and see the truth we are FREE! – healed of the causes that have made us feel bad.

Accept, Express – see the Truth, and you're Free!

ACCEPTANCE OF ALL YOU FEEL, THINK AND ARE, IS THE KEY TO DOING
YOUR HEALING; THAT, AND WANTING TO SEE THE TRUTH OF ALL YOU
FEEL, THINK AND ARE.

Release one's pain through expressing one's feelings.

in conjunction with

Longing for the Truth when also longing for Divine Love.

Prayers to our Mother and Father

From 'Religion of Feelings' by James Moncrief

Please Mother and Father help me accept my untrue state and bring up all my repressed feelings so I can see the full truth of why I feel so unloved and all that's wrong with me.

Please Mother and Father help me see the truth of myself through my feelings.

Please my beloved Heavenly Parents, fill my soul with Your Divine Love. I long for Your Divine Love; please answer my prayer and yearning to be at-one with You and do Your Will by living true to myself and all my feelings. Please fill my heart and soul with Your Divine Love – please make my soul like Yours – Divine.

Please Mother and Father, I want to uncover the whole truth of myself through my feelings. I want to be able to feel and accept just how bad I am, how bad I feel I am, how bad I've been in my life. I want to know the whole ugly truth of myself, see it and feel it and understand how I came to be it. Please reveal to me through my feelings all the truth of myself You want me to see. I want to be as You want me to be; I want to be true and perfect, Healed of all my rebelliousness and self- and feeling-denial; I want to be good, loving, true and happy, please help me become true to myself, true to my soul, true to You.

Please Mother and Father help me, I'm in such bad pain, I feel so alone, so miserable, so scared, what's going to become of me, I don't understand, what's the point of me, why have You made me; please help me see the truth of myself – all the truths of myself, nature, how to be in the world, of You both. I want to know, I want to know it all through my feelings, all that there is to see, the whole truth and nothing but the truth. Please help all my pain come to the surface of me so I can embrace and accept and express it out of me. I want to use my feelings to uncover the truth they are to show me; please help me to do that.

Please Mother and Father love me. I want You to love me. I want to feel fully loved by You. I don't want anything else, only to be with You. Please, that is all I am asking.

Please make me feel how unloving I am. Please show me the horrible truth that I am. I want to see and feel and understand the worst of me, please take me into my darkest scariest ugliest unwanted rejected places within myself. I don't want to feel all the dreadful pain that I know is there locked away inside me, yet I do also want it all to come up and out of me, and I want to use it to see the truth of my wrongness, the truth of how evil I am, the truth of my fucked up state. I no longer want to be false, pretending I am okay, using my mind to make me falsely believe I am good, happy, loved and loving, when I know I'm not. For how can I be when You've brought me into my unloving state, making me be of it. And as You want me to experience being this negative way, please show me the whole truth of it. I no longer want to deny any part of myself, or any of my bad feelings. I want them all to come up so I can express them, emoting their pain, feeling how bad You've made me feel all my life and all through my early life; I want to see why, and so reveal all the truth to myself. I want to be the living truth of myself, living true to my feelings and the truth they give rise to. Please help me to do my Healing, and please fill my soul with Your Divine Love.

The mind way is the 'dead' way; the feelings way is the 'alive' way.

Examples of some prayers to God:

From 'Feeling Healing' by James Moncrief

Please God show me the truth of myself through my feelings.

Please help me see the truth about myself You want me to see.

And please help me feel all my repressed pain; please bring up all my bad feelings so I can express them and see what it is they are to show me about myself, my life, and You.

And please help me work through my blocks, I want to Heal myself, I want to become true to myself and true to my feelings and true to You – please help me do that.

Heavenly Mother and Father, I feel so bad, and I know I'm doing it to myself, but I can't help it. I can't stop my compulsive addictions, so will you please bring up the buried feelings in me and show me the reasons why I can't stop. Please! I want to know – I REALLY WANT TO KNOW why I do them. Please help me Mother and Father to uncover the truth of myself. Please, I beg you, please, please, please show me the truth of them so I can give them up. I hate feeling bad, yet I know I must so I can keep expressing my bad feelings to see the truth You want me to see, so please help me feel bad.

Please Mother and Father fill my heart and soul with Your Divine Love. Please give me Your Love. Please love me and make me feel loved by You. I want to feel You close to me, I want You to hold me, make me feel loved by You. I only want You and to do Your Will. Please help me bring up all my repressed feelings so I can express them and uncover their truth. Please help me do my Healing. Please give me Your Love.

I hate you Mother and Father; why have You given me such a shit awful life? I hate myself, I hate You, I hate everything about my life. I feel so bad all the time. I've expressed so many bad feelings and still I feel bad. It's not fair, it's not fair what You've done to me. I hate You! And I want You to help me Heal myself, so I can stop feeling bad. You put me in the shit for whatever reasons, and I want You now to help me get out of it and show me what it's all been about. Please help me to Heal myself so I no longer hate You.

I long for Your Divine Love Mother and Father. Please fill my soul with it. And please help me uncover the truth of myself through my feelings. I want to see it all! And please make it all end, I'm so tired of always feeling so bad, please take all my bad feelings away by making me feel them and showing me the truth I am to see.

LOVE
is
Feelings First Spirituality, The New Way

Feelings First Spirituality, The New Way is a contemporary ‘religion’ based on living true to yourself through your feelings. Understanding that all you need in life is contained within your soul and is shown to you through your feelings. And by loving your feelings, by attending to them properly (talking or writing them out of you) and not denying them, you can use them to uncover the truth of yourself – the truth of your soul.

Feelings First Spirituality is not a formalised religion that tells you how to be, that is too controlling and is actually bad for you, limiting your spiritual growth. You can be wholly self-revealing of the truths you need to be, being the person God created you to be, all by living true to your feelings.

Feelings First Spirituality has no formal structure because we understand we don't need one, our soul contains within it all the truth of our spiritual ascent. If we look to our feelings for the truth they want us to see about ourselves, nature and God, then what more do we need! Our true spiritual path is the path our feelings will lead us down, that is, provided we allow them to. This is the most spiritual we can be.

Living the New Way of Feelings First Spirituality

You come to the understanding from your life experiences that how you are is not right, it doesn't make you feel good – that you are wrong in some way. And you want to change yourself, you want to become right, true and perfect – you want to be like God is.

And to do this you need to do your Healing

Your Feeling-Healing is looking to your feelings for the truth of yourself, the truth being hidden in many of the feelings you are not wanting to face in life. So you have to end your feeling denial, accepting all your bad feelings (and good ones), express them (yet not necessarily acting upon them), whilst longing to uncover the truth they are to show you.

Or, you can do your Soul-Healing, which is your Feeling-Healing together with including longing directly to God for God's Divine Love. When you receive the Divine Love into your soul, it will cause your soul to become divine, and it will deepen your personal relationship with God. Long with all your heart to God for God's Divine Love.

<http://religionoffeelings.weebly.com/>

Feelings First Spirituality **The New Way**

By living true to ourselves, true to our feelings, we are living true to God. It's that simple.

FEEL *for* TRUTH

The beauty of it all, is the truth comes to you through your own feelings. You don't need to be told it by anyone. You can work it all out for yourself. We are self-revealing of truth, it's how God created us to be, and by being it we'll feel the happiest we can feel. Truth is our great comforter, so when you feel it come up within you, ah it feels so good and you feel just right – perfect!

We know only how to deny feelings, now we can get to know how to accept them. And always with the truth being the most important part.

FEELING TRUTH

If you don't want to uncover the truth of your feelings, then you can keep on expressing them forever but you will never fully heal yourself. Seeing the truth results in the Healing. And to see the truth you need to express all the pain out of you. The two things go hand in hand.

You can accept and express your bad feelings, letting off steam all day long, yet nothing will heal and nothing much will come of it. So this is where wanting your feelings to show you the truth of why you're feeling as you are is so important.

Don't go fishing with your mind, that will shut the truth out from rising up for you. **KEEP YOUR MIND OUT OF IT.** It's a feeling thing, doing your Feeling-Healing. (This is where we erred previously, and this how other modalities are in error.)



You long when you can, then stop longing and keep expressing. And at some point, and it might not even happen immediately, it might happen after days or weeks of expressing the same bad feelings, truth will come to you. And it does, it just comes up suddenly into your consciousness. You just know. You see the picture and you feel it's true. And you know it's true. And THEN your mind can come in and start sorting it out and putting in context.

It's the Truth that we are seeking. It's the End Point. The Reason for doing your Healing. You are to see the whole Truth of yourself. And to begin with, that's the whole truth of your unloving self, of your wrongness, of your evilness, of why you are as you are in your negative unloving mind-controlling state. To be able to fully accept yourself as you are, warts and all. To not fight or resist or try and change yourself, just to accept all you feel and all the truth of all those bad feelings you feel about yourself. And when you do, so you will be healed. You CAN'T heal yourself unless you uncover the truth of your pain, suffering and so the truth of all your bad feelings.

Through our Feeling-Healing we long for the truth of what we're feeling whenever we can. So as often as you can. You want, and REALLY WANT WITH ALL YOUR BEING, ALL YOUR WILL, to know why you are feeling bad. You yearn, want, long and beg and beg and BEG God to show you the truth of yourself through your feelings. So when you are expressing your bad feelings you can stop and long for the truth to show you what's going on, why do you feel so bad, and you can do it any time you think of it or feel to do it.

Notes from 'Feeling Healing' by James Moncrief

Heartfelt TRUTH

Feelings First Spirituality

The New Way

Feelings First
FF
Feeling Free

The New Way, Feelings First Spirituality
 Learn to live with God through your Feelings

Accept, express and long for the truth of your feelings

Be free in your feelings
 Free your feelings from your mind's control
 Live true to your feelings; your feelings are your true self
 Live true to yourself through your feelings



Live true to yourself by living true to your feelings.
 Long for the truth of your feelings.

Accept / Express / Bring out ALL of your good, and most importantly,
 BAD feelings.
 Want to understand why you're feeling them.
 Use your surface feelings to take you deeper into your repressed and
 hidden feelings.



The Feeling Way is the True Way.
Your feelings are your spiritual guide.
Your feelings will take you to God.



Your feelings will show you the truth of your relationships, including your relationship with God; and if anything is wrong, untrue and unloving, then why it is.

Our feelings are sacrosanct and we should respect them accordingly. And we should NEVER block them out, ignore, override, banish, deny or reject them, because if we do, we're only doing that to ourselves, as Our Feelings Are Our Self.

Our feelings are the gateway to our soul. Our feelings are the closest we can get to our soul. Knowing the truth of our feelings is knowing the truth of our soul, and knowing the truth of God.

Feelings First Spirituality is the True path for humanity.

It embraces all people.

It completely unifies the world.

Everyone can relate to everyone else through their feelings.

And we can all live the truth that comes from our feelings, all sharing the same truths as we express and have the same feelings.

No one need be left out; no one is more special than anyone else – we are all united in Truth through our feelings.

So with and through our truth we live our lives, therefore without the need of any man-made mind-laws, rules and restrictions that limit self-expression as inspired by our feelings.



The New Way, Feelings First Spirituality is what is to replace all man-made, mind-contrived religions that so many people have enslaved themselves to. The New Way, Feelings First Spirituality will set us free of all that control, ending the Rebellion and Default within ourselves as we do our Feeling-Healing, and ending such control and spiritual stagnation in the world.

Bring on the End Times – get it over and done with! Let's all see that Jesus is not going to come again, that Prophecy has failed all the mind-controlled platforms. Allow such false systems of belief to die their long-awaited natural death, they've overstayed their welcome, it's now time they fade away. So let us show such antiquated, erroneous systems of belief the exit and bring on the fresh liberation of discovering the truth of how we are to live for ourselves, each of us personally in our lives, and all by looking to our own feelings for it. Self-revelation through our feelings is the way to go.

The Way of the Mind is ending, and is really the End Times – the End of our mind control, and **it's about time!** With the Way of our Feelings replacing it.

The End Times means the end and therefore a New Beginning. And that new beginning is a whole new Spiritual Age – an age based on self-revelation of truth through one's feelings, coupled with and supported by higher revelations from the Celestial spirits, angels and nature spirits.



The Feelings First Spirituality is the True Way to God because it helps you get to know God, helping you to reach out, connect and be personal with God, and do God's Will, all through your feelings. It is the only true way of getting to know the God of Feelings – our beloved Heavenly Mother and Father, the Great Soul of Divine Love.

Love comes through our feelings and not our mind, as we've all been wrongly led to believe.

Feelings First; then comes The Truth; then comes Love.

LOVE is the Religion of Feelings, being:

Feelings First Spirituality, The New Way



my
House is your
Paradise

HOME

U-TURN for HUMANITY:

Why are we doing a U-Turn?

We are doing a U-Turn **because** the year 2017 heralded the end of the Rebellion and Default. For two hundred thousand years, humanity has been going in the wrong direction.



What is this fundamental step that will change our way of living?

We are to come to understand / know the foundational cause of all our feelings, both good and bad. As we explore and investigate our feelings, each time they arise, one by one, we are to talk them through, express them to a companion or friend or anyone who will listen. As we express them, while at the same time coming to understand how they have come about, we will find that they will be resolved and that they will not come up again.

We will find that all of our feelings / emotions have their foundations from our childhood. And by childhood, that is from the time of one's conception all the way through to about the age of six. It is the repression of our childhood feelings that is the base or foundational cause of each and every one of our adult personality issues, pains, difficulties, illnesses and distressful life experiences.

**Feeling
Healing with
Divine Love is
the key!**



We have to see the whole truth of our negative or self-denial state, before we can heal it and be free of it.

The vital difference between **emotions** and **feelings** is:

- emotions have their roots in the past,
- feelings relate to the present moment,
- emotions represent feelings not previously expressed,
- and these accumulate over time.

Many emotional clearing processes encourage us to look into our feelings, however, none go so far as to drill down into the core foundation of any emotional feeling to the point that we strive to KNOW the core issue, the origin of the feeling, be it good or bad, and actually come to know what it is!

The *Journey Process* is generally known worldwide. It stops short of longing to know, that is asking for the knowing of the events that brought about such a feeling. Yes, we are to acknowledge the feeling, say being angry. Then accept that behind that anger is the feeling of being small, and then look at the underlying reason of why we are feeling small. What is the truth behind that feeling? Ask our Heavenly Parents what is behind all of this feeling. What is the foundation, the origin of the feeling? All the time talking it out, expressing it, with a friend. The expressing of the experience is the release of the emotion / feeling, this is what removes it for ever from within our essence, our **soul**.

Why ask our Heavenly Parents? I thought God was just God – singular?

This is part of the revealings that have been unfolding for us very recently – that is – since 2002.

We are made in the image of God. This has been understood for centuries, for 2,000 years. Our soul is duplex. Our soul expresses itself through two personalities. One soul ‘subdivides’ into two, one half always being female and the other half always being male. We are a reflection of how God is. God being one Soul is expressed as Mother and Father. God is two personalities. They are soulmates. And each of us has a soulmate, and our soulmate is always of the opposite sex, because the Mother and Father are the opposite sex.

Thus, when we long for the truth behind a feeling, then we can long to our Heavenly Mother and Father. Only they can tell us. No spirit personality can tell us. No canonised saint can tell us, we may as well ask our next door neighbour. That would be just as productive. Mary and Jesus can’t tell us, as they are also spirit personalities.

I was taught that Jesus was God? And what is this about Mary?

Mary of Magdalene and Jesus of Nazareth were both born free from sin. Neither of them are God. They are both children of God, just like you and me.

History needs to be corrected. Both Jesus of Nazareth and Mary of Magdalene became at one (At-One) with our Heavenly Mother and Father during their physical lives here on Earth in the first century; Jesus in the year 26CE and Mary in the year 33CE, or thereabouts. Jesus died aged 35 (born 7BC died 29CE), and Mary died aged 47 or 48 (born 2BC died 47CE).

Further, their sojourn on Earth was the completion of their process to become the full Regents of the sector of planets that is referred to as Nebadon. The region within our super-universe that is referred to as Nebadon contains 3.8 million inhabited planets. If you look into the night sky, each star / sun potentially has between none to three inhabited planets within its orbit. Within Nebadon, the soulmate pair, namely Mary and Jesus, are our Spiritual Teachers of Truth. Their domain is all 3.8 million physical planets plus their associated spirit worlds. Each physical world has seven associated spirit worlds, which is the case for Earth being one of the 37 that have rebelled.

Some 200,000 years ago, Lucifer with his soulmate and his deputy, Satan with his soulmate, brought about a rebellion on 37 of the inhabited planets within the region called Satania, one of the local universal systems of Nebadon. Earth compounded the situation through the Default of Adam and Eve about 38,000 years ago. Thus the population of Earth, being in the worst condition through the Rebellion and Default, became the location for Mary and Jesus to have their physical experience to complete their ascendancy to full Regency of the local universal system being Nebadon.

Their lives on Earth was the start of the unravelling of the Rebellion and Default. Upon Jesus becoming At-One with our Mother and Father, he was then vested with the authority and power to have the Lucifers and Satans arrested, and they now reside exiled within a prison world.

Notice that there were no records of Jesus and Mary’s teachings and experiences made during their physical life. That was because they did not specifically come here for us, they came for the benefit of all peoples of all planets and spirit worlds throughout Nebadon.

As they are Paradise descending spirits, they have **Spirits of Truth**. Upon Mary and Jesus' death, they released their Spirits of Truth. As spirits, Jesus and Mary are how we will be, once we've finished our Soul Healing. They can only be in one place at any one time. However, it is their Spirits of Truth throughout Nebadon that we can connect with for guidance. It is through their Spirits of Truth that spirit personalities can progress through and out of Nebadon.

Those planets that have Rebelled need further assistance, and they need it on a localised manner. This can only be provided by another bestowal of a **Paradise Pair**, and that is in the form and manner of an **Avonal soulmate pair** who come here specifically for us.

What is the purpose of an Avonal pair, and are they here on Earth?

Unlike Jesus and Mary who were always free from sin and did not experience how to heal themselves, the Avonal pair are to experience all of the extremes of evilness and then proceed to heal themselves. Mary and Jesus through their bestowal on Earth ended the Lucifers spiritual rebellion in Nebadon; the Avonals bestowal is primarily concerned with ending the Default of Adam and Eve by the Avonals themselves personally healing the effects of such a damaging Fall.

The soulmate Avonal pair are to be, and have been, subjected to the extremes of childhood suppression and repression, and then, through their Feeling Healing, are experiencing all the facets of emerging truth as they slowly progress through a protracted and difficult healing process. As they reach specific milestones, this also enables those in the Celestial Heavens, (the three worlds where Celestials reside) to be empowered to assist us in the physical on Earth.

The first considered milestone was the arresting and imprisonment of the Caligastia soulmate pair and the Daligastia soulmate pair. After the arrest of the Lucifers and Satans in the first century, as nothing further occurred, the Caligastias and Daligastias continued on from spirit as if they were kings and queens, suppressing all of humanity and with plans to take over the universe. It was possibly in the early 1990s that they were 'judged' and 'removed'. They were caught unaware that an Avonal bestowal pair were on Earth.

How is all this becoming known? Has Jesus and Mary communicated directly to Earth?

Unlike in the first century, when no records were kept (as the event related to all of Nebadon and it was actually setting the stage for the Avonal bestowal pair to arrive on Earth), every effort to retain records in great detail of this current series of events is now being attended to. Consider this. The New Testament of the Bible is some 300 pages. The records of the Second Coming, which this is, the primary records are possibly 6,000 pages, with direct complementary records increasing that to over 10,000 pages and with all the supplementary records to date, there may be as many as 40,000 pages, certainly well over 30,000 pages of material presently.

Jesus directly communicated through James Padgett from 1914 to 1923. Mary of Magdalene (Mary M) has directly communicated through James Moncrief from 2002 and is ongoing. Jesus has also communicated directly through James Moncrief. Neither have ever directly communicated through any one else, however, some Celestial Spirit personalities have provided information through other

personalities on Earth with the support and approval of Jesus and Mary, thus some confusion, though the quality of the information is very reliable.

You say this is the Second Coming? You say I am living during the time of the Second Coming?

Yes you are. And it's more than that. This is the Second Coming, the End Times and the Handover!

In fulfilment of the prophecy in the first century, the Second Coming commenced on 31 May 1914 through the writings with James Padgett and concluded in 2014 through the writings with James Moncrief.

The End Times are well advanced. Mary and Jesus are well advanced in handing over their direct involvement with Earth to those within the Celestial Heavens. When this is completed, the Handover will also occur. **The Hand Over is to the Avonal Bestowal pair** and it is they who will guide the population on Earth through their Feeling Healing processes for the next 1,000 years, being the next spiritual age. The Handover will take place after the Avonal pair complete their personal Healing of the Rebellion and Default. Then will follow with their Spirits of Truth being officially liberated in alignment with Mary M and Jesus' Spirits of Truth upon their death.

Major events have occurred with the progression of the Avonal pair's Feeling Healing, which they are also doing whilst embracing our Heavenly Parents' Divine Love, thus they are doing their Soul Healing.

Early 1990s:	The arrest of the Caligastia and Daligastia soulmate pairs.
22 March 2017:	Negative spirit influence was blocked.
31 March 2017:	Angel assisted healing will become available upon the Avonal pair completing their own Feeling Healing, being with Divine Love, thus it being Soul Healing.
22 May 2017:	Law of Compensation quickening.
2 December 2017:	Psychic Barriers maintaining the Rebellion and Default were cracked.
8 December 2017:	Bring on the money to 'house the future of humanity' .
31 January 2018:	Earth and the seven associated Mansion Worlds (including the two Earth planes) are officially now fully under the control of Celestial spirits. This marks a tangible and real end to the Rebellion and Default.

How does this all fit into our future way of living?

This time, in the history of humanity, is the most exciting time ever experienced.

The whole human race is suffering from repressed childhood and mind control.

Through one's Feeling Healing, and should we embrace our Heavenly Parents' Divine Love, then with their Love we are doing our Soul Healing, and eventually we can live totally in accordance with our soul based feelings and live free from error – no more fear and no more physical illnesses is possible!

By living true to ourselves, true to our feelings, we are living true to God. It's that simple.

Our soul is always perfect. In fact, we are the complete package. All that we need to know is within our soul. This knowledge has been denied from us since the time of the Rebellion and compounded by the Default. That is what was brought upon us by the Lucifers and his cohorts. We have always been meant to live true to our soul based feelings but we were taught to embrace our error riddled mind – this was aided by our parents – unknowingly all parents have taught their children to be mind dominant. **This is the Great U-Turn. We are to feel and live by our feelings and express our feelings, our mind will follow in support, not the other way around.**

“Many people look for a person, spirit, angel, even God, for supreme guidance, however it’s all right there already built in – in our feelings. **Feelings** guide us through our **ascension of truth**. So they are really our Supreme Guides. We just have to submit to them, allowing them to take us where they will, expressing all the parts we want to express, letting the emotion drive that expression if it’s there to be expressed, or just talking about all we feel and how feeling that feeling is making us feel – or, how we feel about having that feeling, all whilst longing for the truth of our feelings. Longing for the truth of our feelings is really: **Longing for the truth of our self, because: we are our feelings**. So life stirs up our feelings, we feel being alive; or, being alive means we are feeling, always feeling; and when we work out what and why we are feeling what we are, so then we know the truth of how we are. And over time the truth accumulates, and our mind expands our understanding of ourselves, all being driven from our feelings.”

Kevin of the 1st Celestial Heaven 26 September 2017

(Kevin Cooper died 10 August 2012, through Feeling Healing became Celestial on 7 August 2017.)

It is through the assistance of the Spirits of Truth of the Avonal Pair, upon the completion of their Soul Healing, that we will be guided through our Feeling Healing process, and should we embrace our Mother and Father’s Divine Love, then our Soul Healing.

Then should we embrace Mary and Jesus as our Spiritual Teachers of Truth, their Spirits of Truth will lead us on the path through the Celestial Heavens where we will certainly meet up with our soulmate and join our soulgroup, which will eventually consist of twelve soulmate pairs. Then as a soulgroup, the Spirits of Truth of Mary and Jesus will lead us up through and out of Nebadon towards Paradise.

It is then our Mother and Father in Paradise who draw us to them and we will eventually meet our Heavenly Parents.

Meanwhile, while we live on Earth, we will have assistance and guidance previously denied to us throughout the era of the Rebellion and Default. Under the Contract controlling and managing the Rebellion and Default, the powers and capabilities of our Celestial Heaven spirit personalities, all three worlds of them, were heavily restricted and almost of no assistance to us at all. Further, Nature Spirits and our Angels were heavily denied contact with us physical people because of the Rebellion and Default, all of which is soon to change, so we can look directly to them for help concerning healing ourselves and understanding all aspects of nature.

As we embrace our Feeling Healing, Celestial spirits will and can greatly assist us. In fact, during the year of 2017 they have blocked all mind spirits from the Natural Love Mansion Worlds: 1, 2, 4 and 6 from interfering with us. Celestials have taken control of all facets of living and life on Earth. Celestials are those spirits who have completed their Feeling Healing and progressed through Divine Love Mansion Worlds 3, 5 and 7 and now live in the higher Celestial Heavens, 1, 2 and 3 (when we

become At One with our Heavenly Parents then we leave the Mansion Worlds and progress through the next three spheres related to Earth, hence the Celestial Heavens are also referred to as being numbered 8, 9 and 10).

The Nature Spirits of Earth, who live in the third Earth plane, can now directly interact with those who are embracing their Feeling Healing. Nature Spirits are essentially ‘angels in waiting’. They have been on Earth prior to anything that we now see living in nature. When they first started to arrive, there was no life in the seas or on land. They have consequently witnessed everything that has happened on Earth, including all prior human civilisations that we continue to largely remain ignorant of. Their knowledge and assistance is of great importance to us. We are to interact with them on an ever increasing scale. They are to become an invaluable source of information for us concerning how we are best to live with nature.



Further, we may become more aware of our **Indwelling Spirit**, which arrives for each of us during our sixth year, as we now progress with our Feeling Healing, or with Divine Love, our Soul Healing.

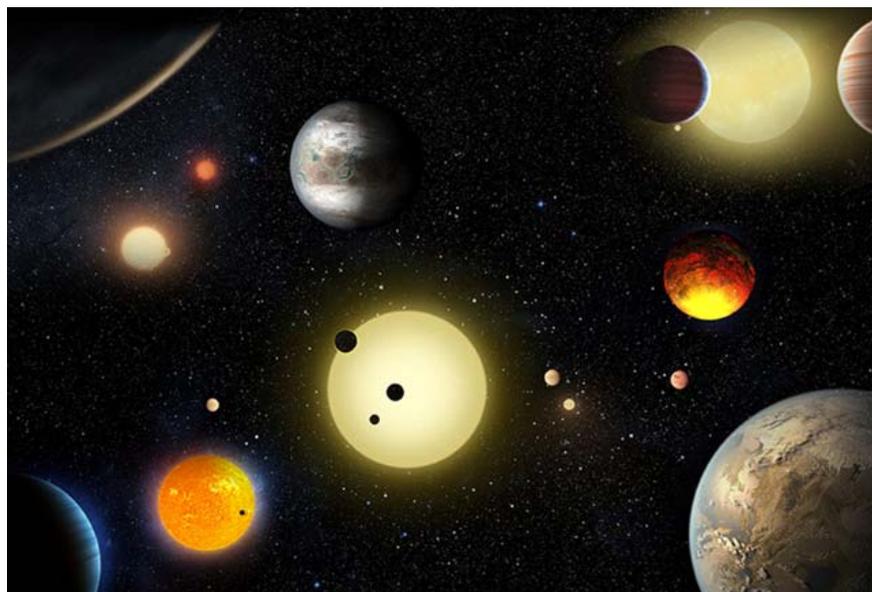
And all of this is possible as we embrace our Feeling Healing process, acknowledge and accept the Avonal pair, acknowledge and accept our Spiritual Teachers of Truth, namely Mary and Jesus, and more importantly, grow to love our Heavenly Parents, our true Mother and Father.

We do not need intermediaries, rituals, liturgy, dogmas, creeds, fancy clothing, or institutions. It is our soul based feelings and expressions that we may exchange directly with our Heavenly Parents. Groups may form to assist each other, and that is our choice and within our free will.

This is the greatest event in the history of humanity.

This is the Great U-Turn that humanity will embrace throughout the next 1,000 years.

MoC 1,480



WE are meant to grow up LIVING FULLY CONNECTED to our FEELINGS:

Humanity has always had an awareness and involvement with spirits, with life on the other side, because we are all heading that way, we all end up dying and becoming one of the spirits, and were humanity living rebellion-free, then nearly everyone would enjoy some level of spirit involvement either directly or indirectly, loving such an expansive awareness in life.

We are meant to grow up living fully connected with our feelings in our physical reality, and at the same time with full feeling awareness of spirits and life after death, because after all, God is the greatest Spirit of us all.

And so having an awareness and involvement with spirits can, and should, help us have more of an awareness with our Mother and Father. And it's not with just spirits, it's also with the angels who are with us all the time, and the nature spirits should we be open to them, and even higher spirits if we are to work with them, such as the Melchizedeks or Trinity Teacher Pairs. But mostly for those people involved with the Divine Love, it will be with the Celestials spirit group that is assigned to help them.



It is very important to understand that spirits and spirit life is meant to be part of life on Earth. However that's not to say everyone need to have an ongoing relationship with their spirit friends, but they can at least still be aware of spirits and spirit life and where we will be going and something about what to expect once we die. And when you are open to it, lessening the grip of one's fears about it, then we will find it will be just another aspect or level of life, and one that can give us quite a lot of comfort.

TRUTH LOVING SOUL V ERROR INFLICTED MIND



**Feeling
Healing with
Divine Love is
the key!**



To liberate one's real self, one's will, being one's soul, is by embracing Feeling Healing so to clear emotional injuries and errors. With the Divine Love, then one is also Soul Healing. We are to feel our feelings, identify what they are, accept and fully acknowledge that we're feeling them, express them fully, all whilst longing for the truth they are to show us.

FEELING HEALING and SOUL HEALING:

The soul is that indefinable part of yourself. It's that part you can sense, soul-perceive within you, but you don't actually know where. And it's not centred in nor is it part of the mind as some people think. Your soul is separate to all of yourself, that is all the parts or attributes of your personality that are being expressed continuously by it in Creation. Separate and yet inextricably linked to you by light.



Our soul contains the pattern of all we are, all we have been and all we'll ever be. Nothing enters it or leaves it save for light and the Divine Love of God, which is also a Light. Soul-light comes forth from the soul in accordance with its pattern, this light interacting with Creational light on the will level first then moving outward expressing all the aspects of yourself – your personality you need to live life with. As you express yourself, and that's every part of yourself, all physical, spiritual and all in between, so you are generating an experiential light, which then goes back into your soul via your will, which in turn then causes your soul to express the next part of its pattern, and so it goes, as you're evolved into being by your soul.



Our soul absorbs the environment around it, commencing from conception. Thus our pristine soul becomes progressively contaminated by the injuries and erroneous beliefs of its parents. The harm becomes most apparent during our later forming years, that is, during our adolescence.

Should we become aware of feeling our childhood injuries and begin healing ourselves, we can slowly remove the encrustments from our soul, such encrustments stifling our real personality. Thus we can start to revitalise our personality and allow our real self, our soul to blossom and dominate our humanness. Our parents, unknowingly, stifle and suffocate our will, our capability to express one's self.



Feeling healing is the pathway to begin to live fully expressing one's true personality. This can be a slow painful process of revisiting the truth of the unloving environment that actually prevails during our childhood years.

By fully embracing our memories of injuries we endured and also expressing these to our soul Parents whilst longing for, asking for and receiving the Divine Love, we will reinvigorate our soul's potential to truly love and experience life to its full potential, with one's soul growing in truth.



DIVINE LOVE enlivens our FEELINGS to progress our HEALING!

‘I didn’t know as a child I was that aware?’

‘You weren’t as aware of your feelings back then as you can be now. But your soul was. Using your soul perceptions that are awakening because of the Divine Love that is now within your soul, you are able to see – to see the truth of such things. You are able to see and feel the truth of yourself as a young child but from an adult’s perspective. Everyone can go back and see the truth, what and how they really felt throughout their childhood if they want to.’

‘Yes, I see what you mean. Is this what my healing will be like all the way along?’

‘Some parts of it. There will be lots of different parts, but once you’re expressing your bad feelings, and when you feel ready, if it hasn’t naturally happened, you can try and turn your attention to your childhood and see if how you currently feel matches with any memories you might have of back then just as you’ve done now. By wanting to do this, you’ll help train your mind to accept that you want to see the truth of your childhood, the truth of your repressed childhood feelings.’

So I just had another healing Paul thought to himself. He would never have guessed it was possible to work his way out of or through those bad feelings when they first came on. He turned to Jesus again and said, ‘Thank you, thank you for putting your hands on me and for helping me to see all of this.’

Chapter ‘Day 9’ of “Paul – City of Light” by James Moncrief

We are to apply our longing, apply our will, but not with our mind, although it can help one to determine what you want to do, but with and through one’s feelings. We can’t long with our mind, we have to FEEL-long. Our longing is an expression of what we feel. We feel we want God’s love, so we express that feeling in our longing.



Healing is the feeling and expressing of childhood injuries and erroneous beliefs. They will be expressed progressively through one’s healing process.

LIVE FEELINGS FIRST

WE are to LIVE BY and EXPRESS OUR TRULY LOVING SOUL BASED FEELINGS:



We arrive into the physical world (at conception) with a pure and free personality and a soul based will that are to be truly and fully expressed. Unwittingly, our carers, namely our mother and father and those close by, set about remodelling our individuality. That is, they shut our personality and self expression down. The result of this is traumatic. This is reflected through our physical body. This childhood suppression is what brings about all of our pains, illnesses, and mental disturbances. Only by embracing our emotional pain and injuries, either good or bad, and longing for the truth of them, and expressing them (talking) through these experiences to a companion, can we release these dreadful encrustments suffocating our true selves and liberate our personality, being our soul. We are to follow our passions and heart felt desires and to live true to ourselves, this is how our Heavenly Parents know us as and this is what we need to return to so that we can find our way home to Them.



FEELING HEALING is to LIBERATE OUR TRUE SELVES:

One's soul is always true and perfect. It is the source of our feelings. When we long for the truth of a feeling, we are looking within one's self and the truth of that feeling will progressively unfold.

Our mind is that cluttering confused chaos that has imprisoned our soul. Our mind wants control. It demands and causes us great difficulties. One can liken it to a wrecking ball that has encased within it our always beautiful perfect soul, being our real self. The mind dominates our brain. Our mind is stuffed full of our childhood upbringing errors.

Our parents typically followed the chaotic path of nurturing that they were subjected to, and so it goes on, generation after generation. By the time we are six we have allowed our will to be encased by the wrecking ball of errors of our nurturing. We now have to feel through those errors and injuries and free our soul, free our will. Our soul based will is always what we are to express.

Beliefs become Faith, but when we experience it, then it becomes Knowing. And it is in reaching the Knowing that one becomes perfected in that aspect of who and what we are.

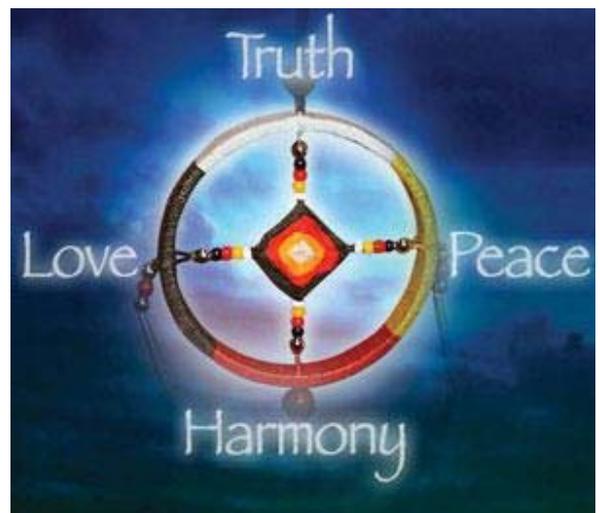
When we long for the truth of the emotion, it will most often be unsettling to say the least. This is because there is little that our parents taught us that is in truth. Our will has been suppressed by our upbringing so that we could be like them.

Childhood repression encrust our wrecking ball mind which in turn suppresses our soul based feelings that are in perfect harmony and peace being based on love and truth as given to us by our Heavenly Parents. To shatter the wrecking ball we are to feel for the truth of all of our feelings, good and bad.

MIND



SOUL





JAMES PADGETT MONCRIEF **REVELATIONS** 1 Commenced 1914
2 Completed 2014

REVELATION 1 Divine Love addresses the issues of the Rebellion.

REVELATION 2 Feeling Healing addresses the issues of the Default.

These two 'headlines' came about from Mother's comments through James.

We are to recognise the degree of the impact that the Default has had on the way humanity lives. That is, it is suggested that the way we remodel our children to become clones of ourselves, the way we suppress their true selves, and cause them to capitulate to be our 'little me's' is a result of the way life emerged directly from the Default some 38,000 years ago.

Whereas the Rebellion, of 200,000 years ago, was the rejection of the Mother and Father as well as our Spiritual parents, Mary and Jesus.

Thus two distinctly catastrophic events.

We need these two events put into perspective, if you please. We need to bring these two separate events into a clear comprehensive way of understanding so that the relevance is clearly understood.

This enables the two revelations to stand out, and as to why one had to follow the other distinctly.

Nanna Beth: The Rebellion, John, is against the Mother and Father, against Their Love, and Their Truth. It is the rejection of Them, saying: there is no God. It's denying the Personalities that God is. It's rejecting and denying personality interaction, which is all about love. So it's unloving. And to hide that, to pretend otherwise, means the mind has to be used to corrupt one's feelings. To claim: 'I am God, I am love, I am Truth', means I am the only one and all the rest should fuck off and leave me alone so I can get on with my greatness. It's being totally mind-consumed with yourself, with such arrogance, that really you only see yourself in your narcissism, and nothing else and no one else exists.

The sadness of the Lucifer's relationship (Lucifer and his soulmate) is they didn't love each other truly, only by using their minds to pretend they did. Really they hated each other, being so unloving, and had they been true to that, they would have moved to the absolute opposite ends of Creation, there to be in their own greatness telling themselves all day long how wonderful they were – being self-loving the wrong way through their minds. Which is all really: self-hating.

And so we have relationships in which we hate ourselves because we are untrue and unloving, then we come together contriving love for one another, then believe we love God as well and want to do His Will. It's all false, all wrong, all evil, all unloving. That's what we've got to see. That we are rejecting

ourselves, and so each other, and God, in every part of ourselves, in every interaction. Really we should be hitting each other continuously on the head, and hitting ourselves too.

The Rebellion is the rejection of true love. Of Natural love and Divine Love.

The Default simply compounds the issue by focusing it all on the relationships. As in, how we live our rebellion is through the Default. Pre-default, humanity was openly rebellious, it was evolving yet lacked personal focus; then with the Default, humanity was able to take it into all that it's become. So we're all living out the truth of Eve and Adam's rebellion, which equals their default.

To heal the Default in us means we have to see the truth of all our unlovingness in our relationships with ourselves, each other, with nature mostly through our relationship with our pets, how we treat animals for food, and the desecration of the environment, and with our Mother and Father. There are lots to it.

And as we see this, it takes us into dealing with our rebellion. We chose to not be loving when we uncover through our feelings the truth of how unloving we are. We chose to live true to our Natural love and the Divine Love, so true to ourselves and our Mother and Father. And these are not mental decisions, they are feeling ones, you want to go that way because you feel it's right and good for you, which it is. You feel you don't want to be unloving because it's not right and bad for you, it feels bad.

So in the expression and depths of our feelings, and particularly our bad ones, we can feel how being unloving makes us feel, and we slowly want to be the other way. Which can be difficult because we don't know how that other way is, never having been wholly or truly loving; but you long for it, you want it, knowing it's a possibility and reality that can somehow be achieved. So this is really 'willing' it, willing ourselves to be loving, and ending our willing ourselves to be unloving; and our soul and God complies with our will and so gradually changes us from being unloving into being loving.

I think to help you summarise it, you could simply say: **The Rebellion is against love, the Default is all the difficulties we have in our relationships because of our rebellion. Healing the Default is becoming true, to ourselves and in our relationships, and ending our unlovingness – our rejection of love, so ending the Rebellion.**

I hope this helps John, it might be a bit much, however I put myself back in it as I was, so James could relate more to it as it was important for him to make the will-connection in it as he did.

There is a lot to be talked about and truth seen concerning both the Rebellion and Default, with every person and spirit making their contribution to it as they uncover such truth within themselves. So it's for you to take what you will putting it in your own words. So if you still don't understand some aspect, please ask.

James: I want to add here, something Marion was talking about last night. It's true technically that we are evil and bad and hate, that all having been put on us by default – we didn't ask for it. So in that light, it's not right to keep hating and blaming ourselves for being bad when we couldn't / can't help it. All we can do is accept how we are, whilst seeing the truth of it through our feelings. If we don't like all we see, we express those feelings, even though they make us feel bad, but we don't have to endlessly punish ourselves for being as we are because of what other people did to us.

Steps UP!

Quantum Jump 1



REVELATION 1
James Padgett 1914 – 1923

James Padgett bravely introduced the availability of the Mother and Father's Divine Love and a great deal of additional guidance and information, all of which has been supplemented by Samuels, Judas, Reid and Arnold. All writers were under restrictions of personality and circumstances. Revelation 1 opened the door for humanity.

Quantum Jump 2

REVELATION 2
Marion and James Moncrief 2002
– ongoing

Marion and James Moncrief have recognised the need for one to engage in Feeling Healing and, by their actions, removed restrictions that James Padgett and others above endured, thus JM is able to critique the writings of the past 100 years resolving points of confusion as well as expand on what has been written. Revelation 2 is humanity's turning point.

Due to the extra-ordinary nature of Revelations 1 and 2, humanity with the first Revelation would have continued on into its negative pathway of living, however, combining the first Revelation with Revelation two, now humanity can embrace this turning point and commence its evolutionary growth that has required two thousand years to put in place. This is the greatest event in the history of humanity and very few are aware of such, until we enable others to become aware.



Negative Spirit Influence
blocked
22 March 2017
Law of Compensation
quickenning
22 May 2017
Rebellion and Default
officially ended
31 January 2018



*People look for miracles to cure
disease which is ONLY the
removal of the effect
of the emotion.*

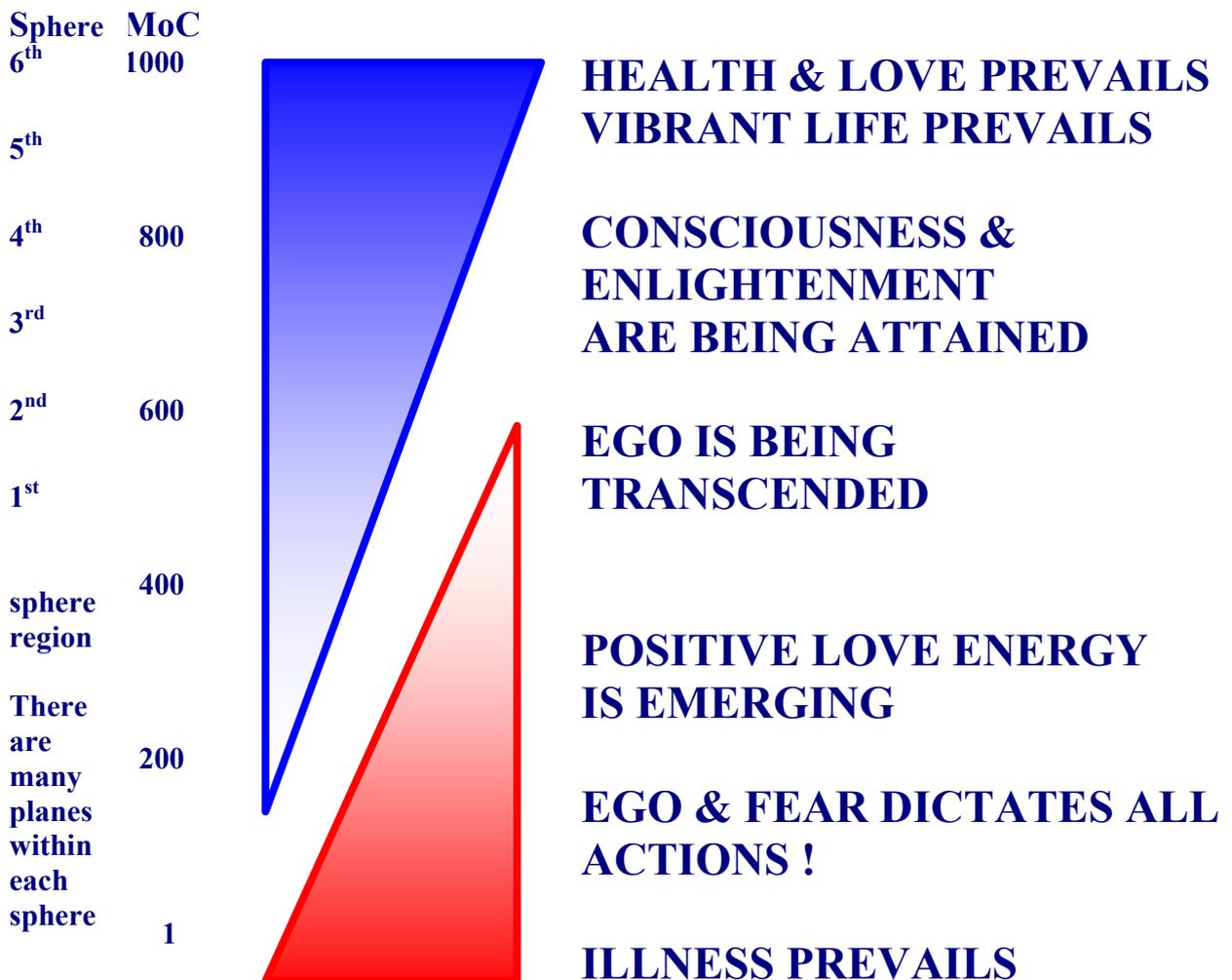


SOUL  SPIRIT BODY  PHYSICAL BODY
PERSONALITY

The soul animates the spirit body and in turn the spirit body animates the physical body. The spirit body looks just like the physical body. These bodies are connected by cords. Your memory and intelligence as well as your emotions are within your soul which is your real self. Your mind is within your spirit body. Your brain is within your physical body.

“All dis-ease is mind generated, and all healing is generated by the love energy of one’s soul.”

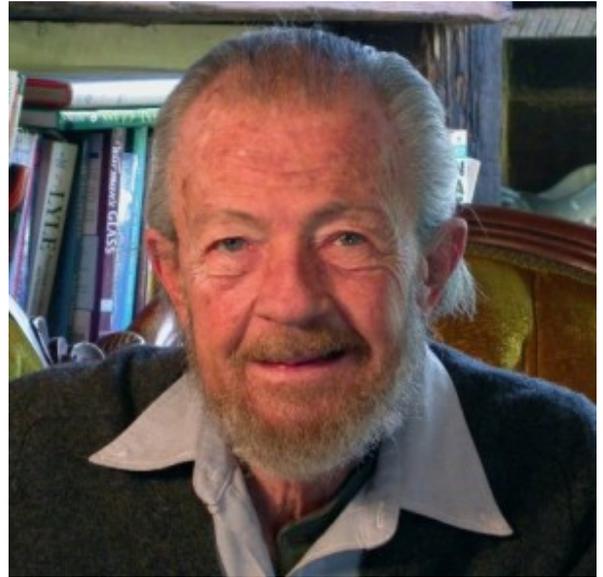
The Ego (mind based) manifests illness; the lower one’s level of consciousness (soul condition) then the more prevalent will be illness. Below the levels of 200, the ego and fear of the mind dominate; however, as you raise your level of consciousness by growing in love and achieve a level of 500 or higher, you begin to transcend ego dominance. At the level of 600, all healing is possible.



An earnest longing for God’s Divine Love is the only way to transform one’s soul. This longing is severely retarded and the reception of God’s love impaired whilst one’s soul is dominated by erroneous beliefs which are in the form of negative emotions. The releasing of and clearing of these emotions are essential to progress from the lowest levels of the 1st sphere and also to progress through the 2nd sphere. It is Feeling Healing with Divine Love that one progresses through the Divine Love Mansion Worlds 3, 5 and 7 and enters the Heavens.

Dr DAVID R HAWKINS:

David Ramon Hawkins, M.D. (born June 3, 1927, died 19 September 2012) was an American psychiatrist, mystic, author and controversial spiritual teacher in Sedona, Arizona. He is best known for his book *Power vs. Force*, in which he writes that applied kinesiology can distinguish the truth or falsity of any statement. He directs the non-profit Institute for Advanced Spiritual Research Inc. and operates Veritas Publishing to publish his books and seminars.



“Make a gift of your life and lift all mankind by being kind, considerate, forgiving, and compassionate at all times, in all places, and under all conditions, with everyone as well as yourself. This is the greatest gift anyone can give.”

“Every thought, action, decision or feeling creates an eddy in the interlocking, interbalancing, ever-moving energy fields of life, leaving a permanent record for all of time. This realization can be intimidating when it first dawns on us, but it becomes a springboard for rapid evolution.”

“The downside of spiritual education is the buildup of the vanity of 'I know' and the devaluation of people who are 'not spiritual'. Therefore it is important as a foundation to spiritual training and education to learn how consciousness manifests as the ego and its mechanisms.”

“It is only the minority of people who seek self-improvement or personal growth. This is because whatever one's self-criticisms, one secretly really believes that one's way of being is okay and probably the only correct one. They are alright as they are, and all problems are caused by other people's selfishness, unfairness, and by the external world.”

P.55 Healing and Recovery

We can see how powerful the mind is, and one of the difficulties to overcome in self-healing is the willingness to accept the great power of the mind.

Because I (Hawkins) had such a list of illnesses, I had to write them all down in order to remember them because half of them have been forgotten even though all of them last for many, many years. For example, I had a duodenal ulcer that was intractable (not docile; not easily dealt with). I was on all the traditional medicinal treatments and had psychoanalysis and a whole variety of things that began in medical school. Twenty years later, I still had the ulcer, and not only that, it was a different kind of ulcer that was making holes in other parts of my duodenum. It was threatening to perforate and haemorrhage, and it was creating recurrent attacks of pancreatitis. I also had colitis (inflammation of the colon) along with haemorrhage diverticulitis (within the colon). In fact, the diverticulitis was so bad that I landed in the hospital several times and had to have transfusions. I almost haemorrhaged to death with it.

In addition, I had migraine headaches that were intractable. Psychoanalysis had helped to some degree, and I had seen neurologists and famous world experts, but there was really no help for the migraines, which were ostensibly associated with many allergies. I was also sensitive to inhalants in the atmosphere. I could not walk into a place that had been exterminated within the previous couple of weeks because I could detect one part in one million in the spray and would react with a migraine headache.

In addition, I also had Raynaud's disease (a condition of unknown cause in which the arteries of the fingers are unduly reactive and enter spasm when the hands are cold), which was impairing the blood flow to my extremities, and I had threatening insipient gangrene of the fingertips, circulatory impairment of the hands and feet, and was cold all the time. On top of all that, I had gout and a high uric acid level. Of course, I was on a diet for that. I had gouty arthritis and carried a cane and medication in the back of my car. Can you imagine carrying a cane in the back of your car because when gout comes on, it happens very suddenly with pain that is very paralyzing? That cane was in my car for many years.

At the same time, I had severe hypoglycaemia (a deficiency of glucose in the bloodstream, causing muscular weakness and incoordination, mental confusion, and sweating). I could not eat sugar, sweets, or starches. So, in addition to all the allergies, the ulcer, diverticulitis, other gastrointestinal problems, pancreatitis, and occasional gall-bladder attacks, there were actually very few things I could eat. When I occasionally went to a restaurant, the only thing I could safely eat was lettuce in a salad. I could not eat the tomatoes because the seeds might aggravate the diverticulitis, which had required hospitalisation and blood transfusions in the past. I was also fifty pounds (23 kg) overweight.

From one end to the other, things were wrong with the gastrointestinal tract; the circulatory system; the digestive system; the hormonal balance; the blood chemistries, including elevated blood cholesterol and uric acid levels; and migraine headaches. All these things indicated stress and pressure within the central nervous system and impairment of the autonomic nervous system. Additionally, I had a pilonidal cystic tumour, which normally would require surgery, but it slowly disappeared spontaneously.

Later, I went into severe heart failure from undiagnosed Grave's disease (hyperthyroidism) for which surgery or radiation was prescribed, but I refused. Chest x-rays revealed a tumour in the apex in the right lung. The lung was biopsied, resulting in its collapse and pneumothorax (the collection of air or gas in the space surrounding the lungs). The biopsy revealed that the lesion was a form of aviary (bird) tuberculosis (non-communicable to humans). I refused to take the recommended \$10,000 per month's worth of five antibiotics, which had a low cure rate anyway. The lung lesion slowly disappeared with no physical treatment. The heart failure cleared up, as did the pneumothorax. The thyroid function eventually returned to normal without surgery or radiation. In addition to the above, the left thumb was amputated while I was doing carpentry work and was repaired in surgery without anaesthesia, as was a recurrent right inguinal hernia, also without anaesthesia. The chronic recurrent, intractable duodenal ulcers disappeared after three acupuncture treatment.

The various illnesses disappeared within differing periods of time. Some of them disappeared within a matter of days; some even disappeared within an hour. Others took months, and the hypoglycaemia took the longest, other than a blocked Eustachian tube that took two years.

All the above illnesses and surgeries were processed and handled as described by letting go of resisting in every instant, cancelling the belief systems, and totally surrendering to Divine Will. All healing was accomplished without narcotics or anaesthesia. The whole series of illnesses was consequent to karmic proclivities that were surfaced by intense inner spiritual work, which speeded up their emergence initially but later facilitated their seemingly miraculous healing and disappearance.

An illness is merely our consciousness calling attention to something that needs to be looked at. There is something about which we are feeling guilty, fearful, or other negative emotion. There is a belief system we are holding that has to be let go of and cancelled. There is something that has to be forgiven, and something within us that has to be loved, so we thank whatever it is for bringing it to our awareness.

We also have the power to say ‘no’ to belief systems that come from our family. Really major allergies ran in my family. My grandmother was allergic, as were my mother and sister. Everybody had hay fever and sensitivity to ragweed, dust, hay, and horses.

All illness is physical, mental, and spiritual, and therefore it is best to utilise all modalities to assist recovery.

How can one know if humility and surrender are complete? They are complete when one is indifferent to whether a healing occurs or not. That is the result of surrender to God at great depth and relinquishment of the desire to control or change the way things are. Become God reliant.

Instead of being ashamed that we are a spiritual seeker with a physical illness, we instead become thankful and say, “Aha! Something is coming up to be healed.” We want that capacity to bring up the various things to be healed; thus, it is a sign of progress, not of falling back. We can be happy that we have a chance to heal these things that, paradoxically, are actually brought up by major or rapid spiritual progress (i.e., karma). Most of the great mystics of history had records of many physical illnesses (e.g., see “Mystics” in Encyclopaedia Britannica).

(You could say that David Hawkins has been a mobile walking talking laboratory test experiment!)

Saturday, 5 August 2017: Nanna Beth: David Hawkins is living in the mind worlds, so I am told, and would be of no benefit to you John. His legacy is again one of those things that sits well with you, that you enjoy and can relate to and use as you do. And really it is now for humanity to use what is available to it having come from the mind worlds, because there won’t be anything further coming through from them. Now it will be up to the natural inspiration of the individual on Earth, and those who are working with us, those people who want to do their Healing. The ways of the Rebellion and Default are to die, to fade away, however this will happen gradually as people of it still try to advance themselves, their lives and humanity in their wrongness, but the next real new inspiration will come from those who embrace the New Way.

Our Heavenly Mother and Father simply desire for us to ask for Their Love.

MUSINGS by JOHN:

Thursday, 28 September, 2017

Kevin died on 10 August 2012 without any thought for spirituality and no passion for any religion, other than showing up. On 7 August 2017, he arrived into the 1st Celestial Heaven. Three days short of 5 years!!! He had met his soulmate, Kathaleen, and she arrived a few weeks before him into the first Celestial Heaven, as you may have read.

The writings that followed from Kevin are outstanding. Kevin is now a world teacher!!! He and Kathaleen both are. Neither would comprehend this, but they are. Kathaleen and Kevin's writings answers and leads anyone to the destination we are to find, in our own time.

I would like to contrast this achievement with someone I greatly respect.

David Ramon Hawkins, M.D. (born June 3, 1927, died 19 September 2012) was an American psychiatrist, mystic, author and controversial spiritual teacher in Sedona, Arizona. He is best known for his book *Power vs. Force*, I have read everything I can about his works – 10 books, plus videos, etc. Miracles happened around him spontaneously. The Catholic Church would make him a saint within seconds.

Hmm – Dr David Hawkins has stayed trapped in his mind and may remain in the mind spirit Mansion World for centuries, unless he embraces his feelings. He will remain stagnant and limited in his mind condition. Whereas Kevin is now a far greater and truer teacher than this great mind of Dr Hawkins. What a switch in roles! Kevin has progressed exponentially past Dr Hawkins in soul development. Go you good things, Kev and Kath.

Cheers John

Same day: Dr David Hawkins: Hello John. I have been asked to speak to you through James in this way, you being one of my ardent fans and followers of the principles I developed through my life on Earth.

Your assessment of me is correct, and I did spend time in the mind worlds trying to assimilate all that I did on Earth with all that was happening to me in my new spirit life.

Upon my arrival over here in the first Mansion World I was greeted as something of a spiritual celebrity with a host of mind spirits (as James calls them) greeting me, they being the ones who 'empowered' me to do the so-called miracles I did on Earth.

I want to tell you, it's quite a humbling experience to realise, like many of us who did such marvellous things on Earth, that it wasn't actually our own doing, we were not the sole instigator of such 'happenings', that it was other spirits working through us. And that although I attributed it to God, still I secretly thought it was all my own incredible doing, so to have to accept that I was just a conduit – that I really was, and having little more than an innate ability to be that conduit, I felt a bit flat.

And to bolster my flagging ego, I would tune into those people on Earth who were still thinking well of me, yourself John being one such person. And here again, by doing this, I gave myself a rude shock

having to face the fact and realise that few people truly understood what I was teaching, taking my work and corrupting it for their own gain. And believe it or not, I never thought such a thing would happen. So, who of my 'earthly followers' was staying true to what I taught – who actually got it?

And I kept coming back to you as one of these people John. Admittedly, had I helped you personally, you'd have had an even greater understanding and appreciation of my work, however you accept it as is and haven't corrupted it, and have guided other people to be interested in it. So I have followed you over the years in this, which meant I also took notice of what you were doing in your other spiritual interests, some of which were vastly different to anything I'd ever heard about, or found out about over here in my limited little mind world.

And I write such things in the past tense because I am very happy to say, all of which I am so grateful to you for John, that I have now progressed into the lowest sector of the Divine Love on the first Mansion World. I am learning all about it, and about the Healing, all under the incredibly patient and loving assistance of higher Celestial spirits, like those who wanted me to speak with you today.

So you can chalk me up as one of your admirers, and a mind spirit who has converted to the 'Ways of the Divine Love'. I still have a lot more to understand, this is true, and as it's so different to my earthly and mind spirit way of thinking, will take time to integrate into my way of thinking – which means, to change my way of thinking into a completely new way.

That is all I wanted to say. And although you might think that my coming is rather inconvenient with you having just written about me again, however here I am and this is what I want to say.

All the best to you John. You have no idea how grateful I am to you, and I have a strong pleasant feeling that that gratitude is only going to increase.

Yours respectfully,
Dr. David Hawkins

(James: As I was reading your comparison of the Doctor with K and K, I started to feel the energy building... oh here we go again... he's wanting to speak to me!)

Friday, 29 September 2017: Dear James and John (Noted from Samantha in England)

To be 'used' so fully by Mind Spirits, to create all he (Dr David) did under their influence, all so cunning, that must have felt quite devastating to him and I am feeling a lot of sadness, emptiness and let down with in myself as I understand how it feels to learn that my whole life has not been my own but that of my parents, their will, control and untruth and I have felt feelings of it all being such a waste of my experience being like that, a waste of the personality God created me to be. I am very sad as Dr David Hawkins realised how 'used' he has been, being a conduit for the Mind Spirits, I feel like that too, used by my parents to be as they wanted me to be instead of nurturing me to be myself and help develop the personality God gifted me.

I (Sam) bought 'Letting Go – the pathway of Surrender' by Dr Hawkins and I was very up with all of his feeling work but then felt the change in me with the mind dominant aspect of Dr Hawkins work, it was that I wasn't drawn to and felt myself draw back from it but now he can go on from what he already

knows, go further into the feeling aspect of what he discovered and I am sure he will get so much support in that from the Divine Love spirits that are guided to help him. Isn't that just so wonderful John, to have that help, like you have in Kevin and Kathaleen.

CONCLUSION:

David Hawkins' own story explains that the 'Letting Go' process is inadequate. The 'Letting Go' publication and process is his own research. Pure and simple; Dr David was knocking on the door, but that process was unable to open the door.

Again, his own story now endorses the Feeling Healing process!

This leaves no doubt as to the veracity of what Marion and James and Samantha are doing. It is **THE ONLY WAY!** The only way being the Feeling Healing process coupled with Divine Love.

This clears away confusion for many people who may explore everything. Other emotional processing and releasing modalities simply do not delve far enough into one's injuries and errors of belief. Yes, they provide some temporary relief, but none of them go beyond the mind and into the soul to the core and foundation of our injuries, all of which stem from our childhood upbringing.

Dr David Hawkins has now clearly put aside his own teachings and confirmed that his and all other modalities are inadequate.

Now, we all can focus upon the only way home!

FEELING HEALING with DIVINE LOVE is SOUL HEALING:

**Firstly, consider discovering the truth of your emotional pain through Feeling Healing.
Secondly, consider longing for our Heavenly Parents' Love as you progress with your healing.
Primary and most important readings are the writings of James Moncrief.
Then consider the Padgett Messages, and then The Urantia Book.**

Release one's pain through expressing one's feelings.

in conjunction with

Longing for the Truth when also longing for Divine Love.

**Feeling
Healing with
Divine Love is
the key!**



WE ALL ARE BEING GUIDED HOME:

We need the Spirits of Truth of the Avonal Pair to Heal ourselves; then once Healed, (and for support (overshadowing) as well through your Healing), we need the Creator Pair, Mary Magdalene and Jesus' Spirits of Truth to see us through the Celestial spheres, while at all times embracing our Heavenly Mother and Father.

Until Mary and Jesus died and liberated their Spirits of Truth, no one from any of the worlds could leave Nebadon, because no one knew the way to do so. Nebadon is our local universe containing some 3.8 million inhabited physical worlds and their associated spirit worlds.

When we embrace the truths Mary and Jesus are revealing, and start to do our Feeling Healing, or with Divine Love, Soul Healing, we are then freeing ourselves up from our parental and self control.

Thus our journey to Paradise, to the home of our Heavenly Parents, is of our choosing as to when we progress, however, there is only one way:

HUM: Humanity is to ascend. We are self contained. Our soul is always in truth and perfect at all times. **By living true to ourself, true to our feelings, we are living true to God. It's that simple.**

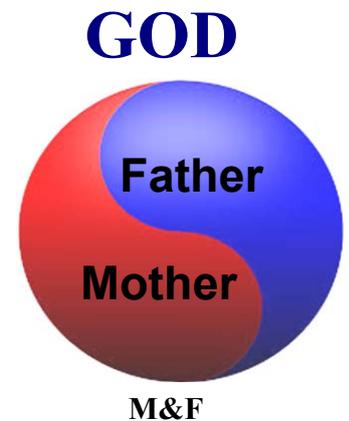
We are to recognise that being engaged and dominated by our mind is the wrong way for us to evolve and grow in truth. We are to discard the mind enslavement that has been imposed upon us by all of our parents. We are to express our feelings, both good and bad and free ourselves of the indoctrination that humanity has embraced worldwide.

Live true to your feelings, and you ARE living true, not only to your own soul, but also true to God's soul. So doing your Healing by honouring all your feelings, IS living the will of God. And being fully Healed, IS living even more truly the Will of our Mother and Father.

AVO: We are to embrace the truths and guidance of the Avonal Pair through their Spirits of Truth. It is the Avonal Pair's guidance that will lead us through our Feeling Healing, and with Divine Love, we will be able to ascend through the 7 spirit Mansion Worlds and enter the Celestial Heavens where we also interact with other world's spirits.

J&M: We are also to embrace the truths and guidance of the Paradise Pair, Mary and Jesus, who will then lead us through the 3 Celestial Heavens that are aligned with Earth, and then further on through Nebadon where we will then depart beyond on towards Paradise.

M&F: Beyond the universal zone of Nebadon, we will be guided by our Heavenly Mother and Father onwards through the universes to Paradise where we will be welcomed by them, home for us all, as we are all Children of God.



J&M



AVO

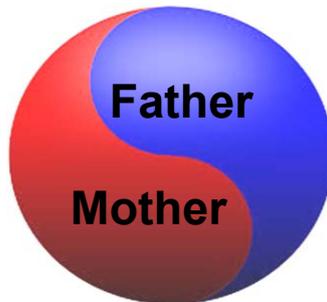


HUM

WE ARE Children of God

WE ALL ARE BEING GUIDED HOME – NOW, HOW TO COMMENCE THE JOURNEY:

GOD



M&F

For 200,000 years, we have been misled into embracing our mind's distortion of wisdom and truth. All such traditional understandings only lead us in the wrong direction, from which we must turn back from. Our soul based feelings are always in truth. Our minds are to follow our soul based truths and feelings, not the other way round, as we have been brought up to embrace.

We are to connect with our deeper repressed feelings.
We are to long for the truth of what we are feeling.
We are to live true to our selves; by living true to our feelings.

Use your surface day-to-day feelings to connect with your deeper repressed feelings. Express your surface feelings and your deeper repressed feelings to uncover the truth of yourself.



J&M

We all have feelings which we communicate and share with each other. And we all have deeper buried and hidden repressed feelings. Feelings from our early childhood we felt, yet weren't allowed to express. These feelings are still within us, waiting to have their say. These feelings, because they are repressed, cause us all our problems.

And as we look to uncover, bring out and accept these deeper feelings, so we're taken into new ways of looking at ourselves, our feelings, and our life. We're setting ourselves free of the controlling patterns that govern our unloving behaviour.

In this way, we progressively begin to express the personality that our Heavenly Mother and Father gave us, not the one imposed upon us by our physical parents and carers. We are to be our true and real selves.

By living true to ourself, true to our feelings, we are living true to God. It's that simple.



AVO



HUM

As we, humanity, long for the truth of our feelings, we can also be assisted by the Spirits of Truth of the Avonal Pair who are our spiritual teachers for Earth over this coming 1,000 years, to assist us through the Great U-Turn, away from mind dominance to being soul based feeling lead. They will assist us through the seven levels of the spirit Mansion Worlds.

Then the Creator Pair, Jesus and Mary, will lead us through Nebadon and into the greater universe. Then our Heavenly Mother and Father lead us home to Paradise.

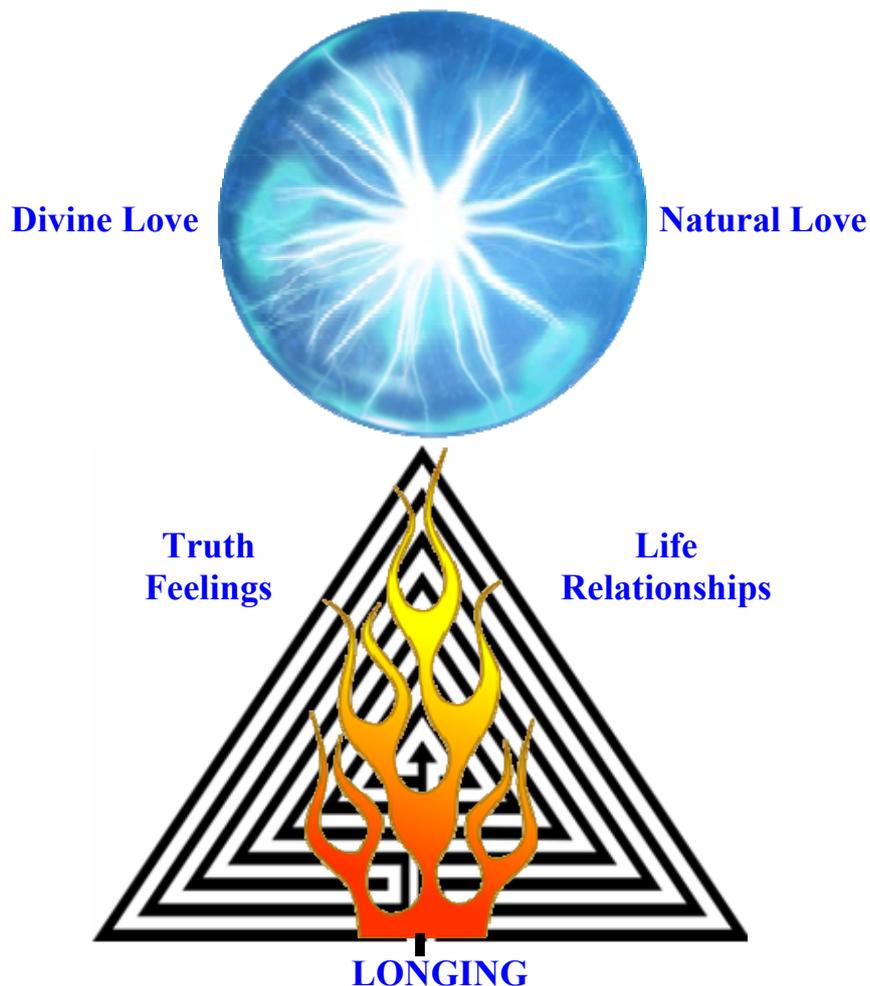
Collectively, should we embrace them all, as we are to, then our pathway home is a journey in the hands of the Spirits of Truth of the Avonal and Paradise Pairs overseen by our Heavenly Parents.

WE ARE Children of God

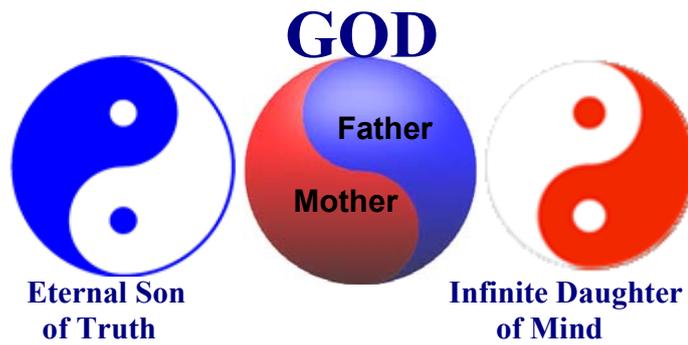
HOW TO GET TO PARADISE:

Long for the Divine Love
 Long for the Truth
 Long for the truth of your feelings
 Don't deny any feelings: accept, express and want to know the truth of them
 Know your feelings are the key; your feelings are the Way
 Want to end your falseness and being untrue
 Want to understand the truth of your early life
 Use your surface feelings to move deeper into yourself, bringing up your repressed feelings
 Want and long to know the whole truth of yourself
 Want to do it all with God, your Heavenly Mother and Father – long to Them for help.

The Key



Our longing drives our life. We long with feelings. We can wish for things using our mind, yet long for things with our heart. These things in the pyramid are what to long for. Longing for them, when the longing comes naturally. Longing because you feel you really want them. Long to be true with all your heart. Long to live true to your feelings. Long to understand the whole truth of yourself.



PARADISE TRINITY:

1. **Our MOTHER and FATHER (God)** (MF) – **Divine Love**
- SOUL (God) – One SOUL that is expressing its two PERSONALITIES, our Heavenly Mother and Heavenly Father (Soulmates)
2. **ETERNAL SON** (ES) – **Divine Truth**
3. **INFINITE DAUGHTER** (ID) – **Divine Mind**

Then: The Second and Third Persons of the Paradise Trinity (ES and ID) are stepped down to the local universe trinity (Mary and Jesus, Divine Minister (DM), and her Holy Spirit.

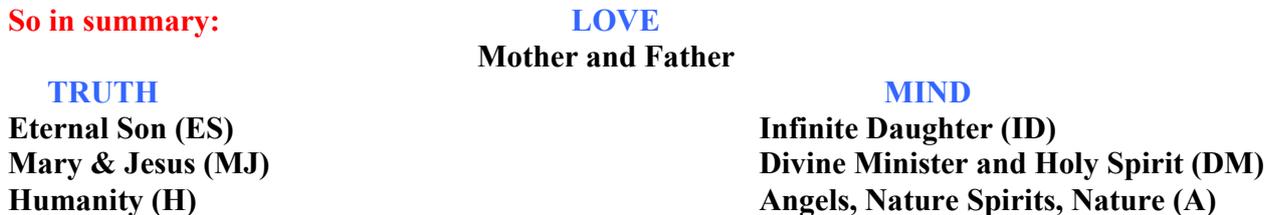
The LOCAL UNIVERSE TRINITY:

1. **MARY M and JESUS** (MF) – **Love – the Living Truth**
2. **DIVINE MINISTER** (DM) – **Mind (and her Holy Spirit)**
3. **HUMANITY – Natural love, sons and Daughters – Truth, and our Angels – Mind**

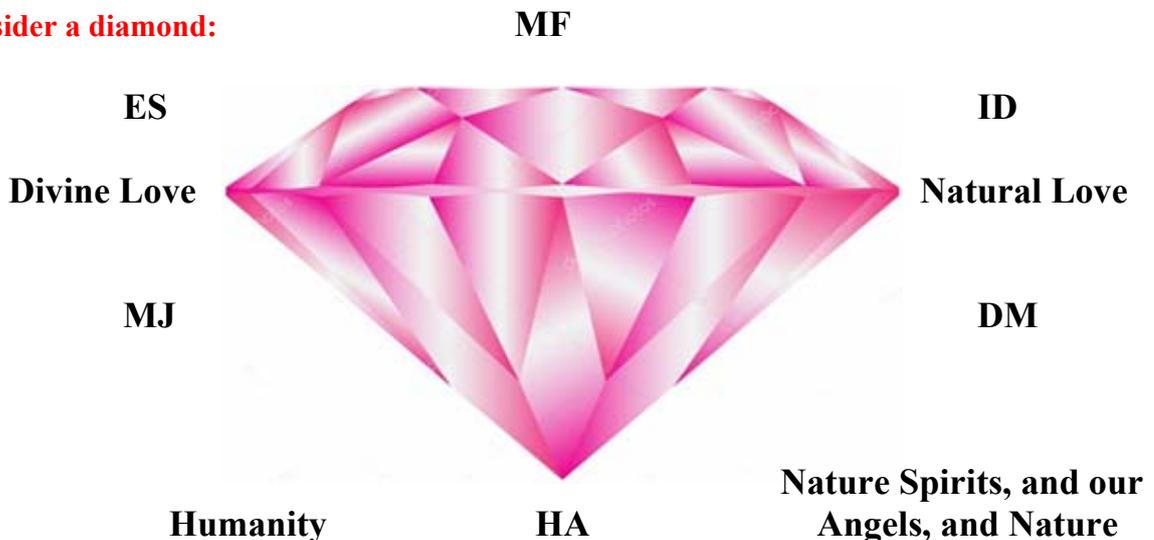
PLANETS that engage in REBELLION:

1. **AVONAL SOULMATE PAIR** – the Feeling Healing process – incarnate
2. **DAYNAL – TEACHER PAIRS** – they do not incarnate

So in summary:



Consider a diamond:



Mother and Father Heavenly Parents

Creator Son & Daughter
Jesus and Mary

Avonals
as soulmate pairs

Trinity Teachers
as soulmate pairs

Melchizedeks – who have taken over from the Caligastians and Daligastians being also all as soulmate pairs.

Mortal Souls – human beings who individualise on Earth, then progress through the spirit Mansion Worlds, then into the Celestial Heavens, and beyond.

Mortal Souls – also being ascending spirits, upon completing their Soul Healing, join with their soulmate, then join their soul group of 24 mortal spirits, being 12 soul pairs. It is only as a soulgroup that anyone can progress beyond Nebadon.

The Paradise Pairs are all ONLY concerned with the SPIRITUAL wellbeing and upliftment of the planets and local universe. Currently to do with Earth:

Mary and Jesus – spiritual wellbeing and upliftment of the whole of Nebadon region.

Avonal Pair – Daynal pairs (Trinity Teacher Daughters and Sons) – Spiritual wellbeing and upliftment of individual planets and their associated Mansion Worlds.

The Local universal Sons and Daughters are all about the running of the worlds under their jurisdiction, and ensuring the higher spiritual elements can be employed, or sent astray, as in our cases through the Rebellion and Default.

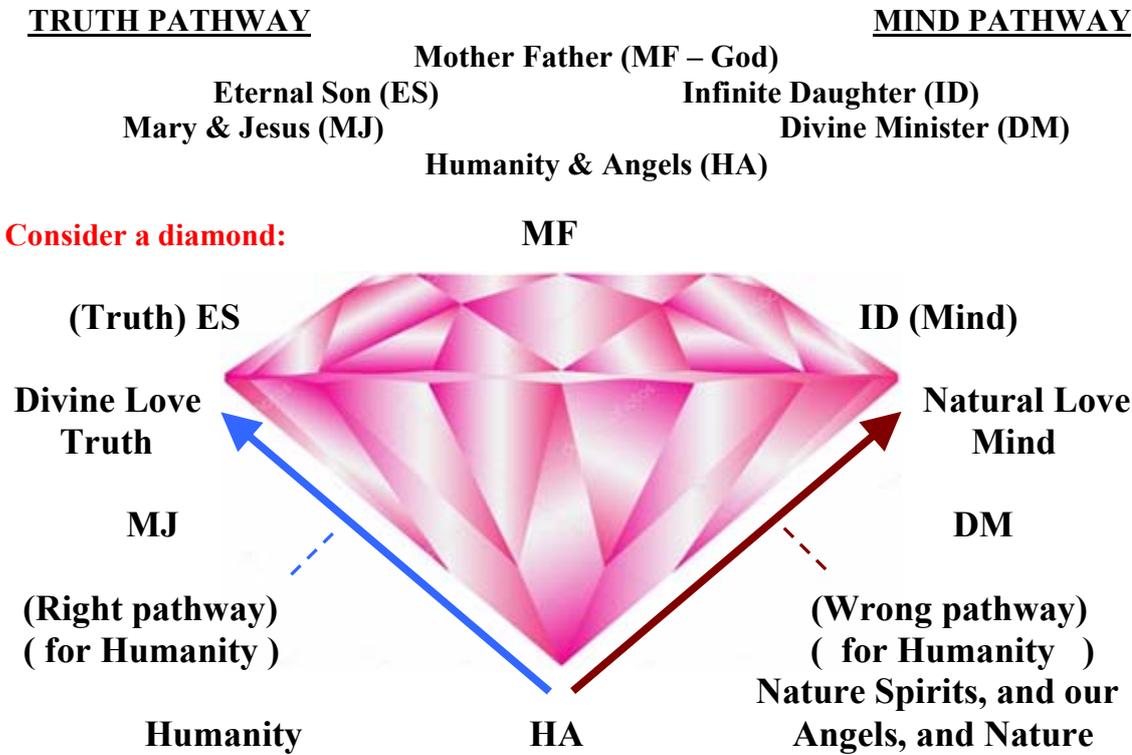
Lanonandeks – Melchizedeks (and others, such as Life Carriers and Eve and Adam).

As the Lanonandeks all rebelled – the Lucifers, Satans, Caligastias and Daligastias soulmate pairs – so the Melchizedeks have taken over their roles, as well as doing their own.

So the Melchizedeks are the governors, overseers, the administrators and advisors and so on for Earth; they are the ‘controllers’, and they will instigate all that needs to be done to do with the ending of the Rebellion and Default. And they will enlist the willing help of ascending mortal pairs, so the mortal Celestials spirits (soulmates when available, and others waiting to unite with their partner), and at times mortal spirits in the Divine Love Healing Mansion Worlds. And the angels help all of us.

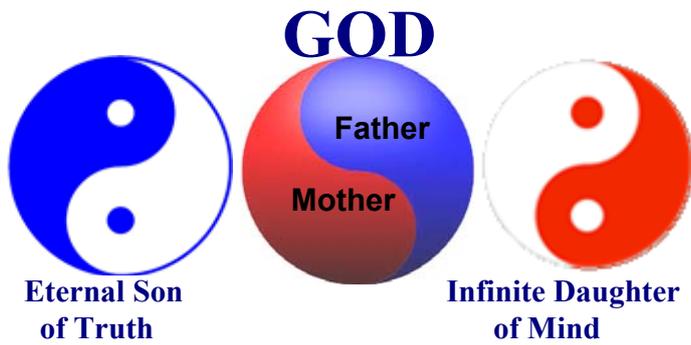
Currently the whole of Creation exists for the ascension of mortal souls from their earth planets to Paradise. It’s all one vast Grand Ascension Scheme. With all the higher and lower spiritual Daughters and Sons, together with all the many different angels and other universal spirit personalities, and even including nature and our very own pets, assisting women and men with their Ascension Journey. It being: and Ascension of Truth. Everything we do is done to help us grow in truth. (Only everything we do in our negative state is to deny ourselves our truth from our feelings, which is why we have to do our Healing.) All women and men are ascending (or growing) in truth through their experiences. And as we grow in truth by looking to our feelings to show us that truth, so we’re ascending, moving inwards and upwards through all the worlds and spheres of the Grand Universe to one day arrive on Paradise and meet our Heavenly Parents. God is providing us, Their children, with this spiritual journey called our Ascension of Truth. And by living true to our feelings, so we are progressing on our true Spiritual Path – our Ascension Path.

Live true to your feelings, and you ARE living true, not only to your own soul, but also true to God’s soul. So doing your Healing by honouring all your feelings, IS living the will of God. And being fully Healed, IS living even more truly the Will of your Mother and Father.



Humanity is to pursue the pathway for Truth through one’s soul based feelings, this is the right pathway. However, humanity commences its journey founded on natural love, which we now know is to be perfected through one’s Feeling Healing process and then made divine through asking for and receiving our Heavenly Parents’ Divine Love.

For 200,000 years, **humanity** has pursued the pathway of the Mind, being that of the brain, this is the wrong pathway. The Mind is the pathway for Angels and that of all of Nature.



CREATION of SOUL and SPIRIT:

God is *The Paradise Trinity* — the eternal Deity union of the Personalities: the Universal Mother and Father; the Eternal Son of Truth; and the Infinite Daughter Spirit of Mind.

The soul of each human personality (sons and daughters of truth) is existential, driving our personality expression in the experiential. The soul of each human finds truth by embracing one’s feelings and longing for the truth of them. We are to attain the Eternal Son of Truth. We are a creation of Truth.

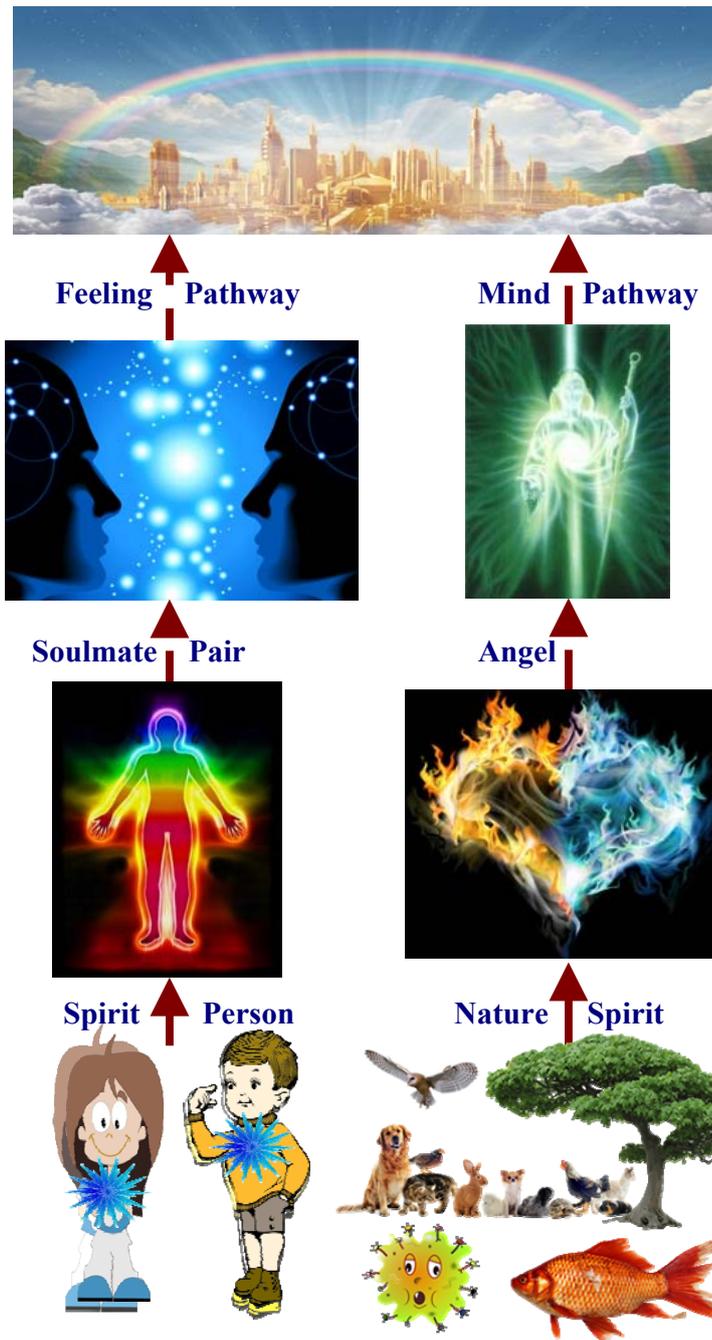
The soul of angels is experiential, evolving through their experience by continually progressing in mind development. Angels are to attain the Infinite Daughter (Spirit) of Mind. Angels are a creation of Mind. Our soul is duplex (we have a soulmate) and is created by our Heavenly Parents. Through our Feeling Healing we perfect ourselves enabling the union with our soulmate, as we progress in truth up through the Mansion Worlds, celestial heavens and all the way to Paradise.

The soul of angels is also duplex, yet of the mind, and they progress in mind evolution to Paradise. Animals, plants and nature spirits are also creations of Mind.

Neither we nor animals reincarnate. We never die; upon death, we move into the spirit Mansion Worlds on our journey to Paradise. When animals and plants die, be they the tiny microbe to the mighty elephants of the land and the whales of the ocean, their spirit energy returns to the Spirit Collective

Energy. And from this energy are drawn other animals and the nature spirits, who then in turn move onto becoming angels through increasing mind experience.

A nature spirit is an angel in waiting.



PASCAS CARE

ALLOPATHY + 3 HALVES



Energy
Medicine



Nutrition



Emotional
Processing



Goals of Pascas Care are lead by our desire to:

Treat the cause of illness rather than the symptoms, this is the focus of Pascas Care.

**People look for miracles to cure disease which is
ONLY the removal of the effect of the emotion.**

Further stated policy, Pascas Care – Kids of the World:

**The greatest gift for our children that we could possibly
provide is to enable for them to grow up without fear.**



LIVE FEELINGS FIRST

<http://www.pascashealth.com/index.php/library.html>

Library Downloads – Pascas Papers

All papers may be freely shared. The fortnightly mailouts are free to all, to be added into the mailout list, kindly provide your email address. info@pascashealth.com

Every physical ailment that you have is a total reflection of soul condition emotion that you are holding onto, and each soul condition emotion affects a certain part of the body.

Those who concentrate on the emotion rather than the mind / intellect are more accurate.

A pain in the lower back reflects unworthiness issues with self love.

A bit of chest pain, asthma type issues – grief – you need to cry.

Stomach, spleen, liver – all to do with fear.

Eyes – short sighted – not willing to see the big picture.

A lot of anger based emotions come out in your skin.

30 Aug 08

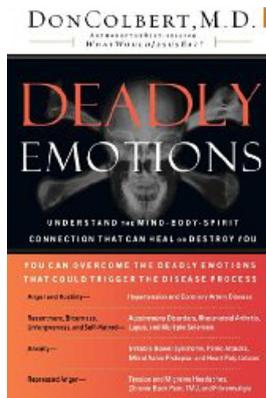
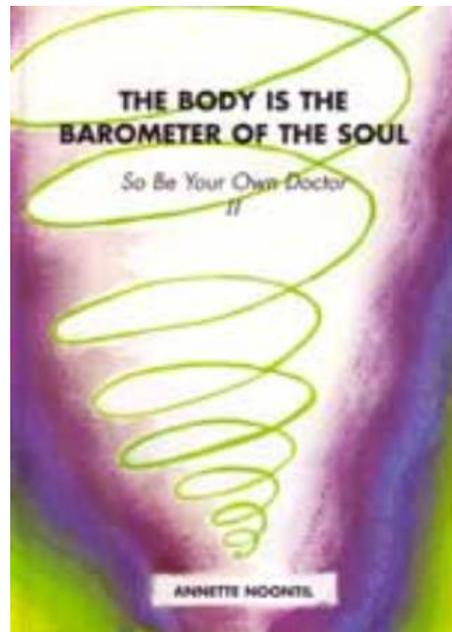
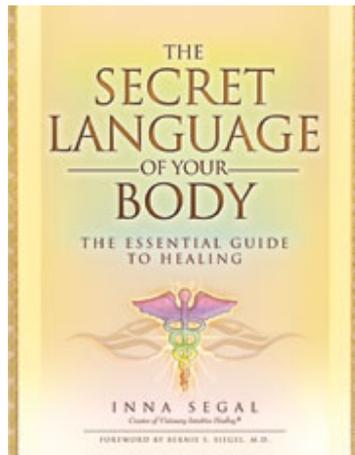
“The Body is the Barometer of the Soul” by Annette Noontil

[http://www.holisticpage.com.au/ Annette Noontil.php](http://www.holisticpage.com.au/Annette_Noontil.php)

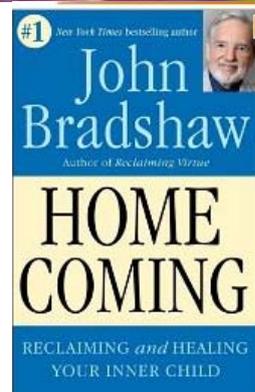
Also consider:

"The Secret Language of your Body, the essential guide to healing" by Inna Segal.

www.innasegal.com/



Deadly Emotions by Don Colbert.

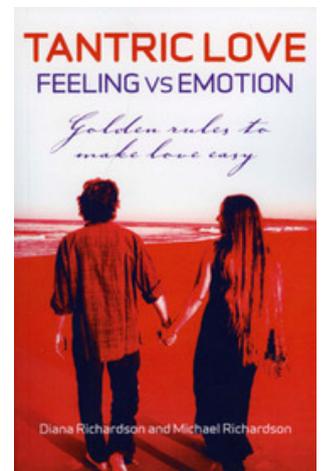
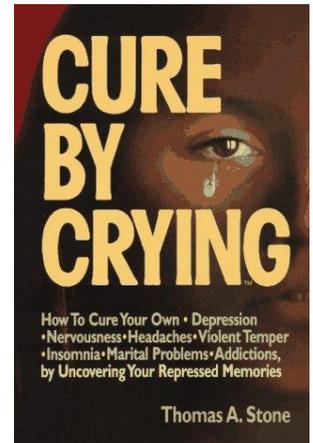


Home Coming: Reclaiming & Championing Your Inner Child by John Bradshaw

In **Cure By Crying**, Thomas A. Stone tells an interesting story of how he was able to eliminate or greatly reduce many of his physical and mental symptoms. He had been bothered by a facial rash, by insomnia, headaches, nightmares, nervousness, depression, lack of energy, procrastination, violent temper, among a number of other health problems.

Other recommended reading:

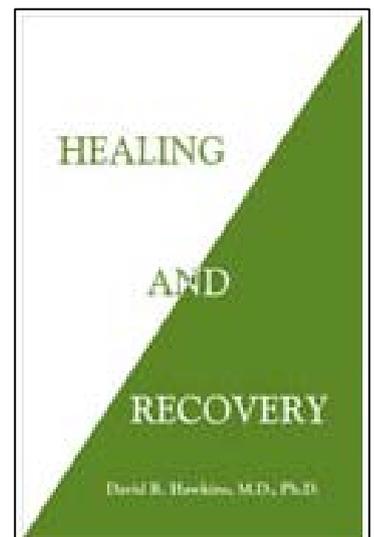
The Book of Truths – Joseph Babinsky
containing the Padgett Messages
Little Book of Truths – Joseph Babinsky
The Human Soul – Joseph Babinsky
The Truth – Werner Voets
Through the Mists – Robert James Lees
The Life Elysian – Robert James Lees
The Gate of Heaven – Robert James Lees
Life in the World Unseen – Anthony Borgia
Gone West – J M S Ward
Post Mortem Journal – Jane Sherwood
After Death / Letters from Julia – William T Stead
Thirty Years Among the Dead – Carl A Wickland
A Wanderer in the Spirit Land – Franchezzo
Revelations – Dr Daniel Samuels
Judas Messages – <http://new-birth.net/>
Judas of Kerioth – Geoff Cutler
The Richard Messages – James Reid
The Divine Universe – Zara Borthwick & Nicholas Arnold
Shining toward Spirit vol I, II, III – Zara & Nicholas



In his book, ‘Healing and Recovery’, you will learn why the body may not respond to traditional medical approaches. Specific instruction and guidelines are provided that can result in complete healing from any disease. The importance of including spiritual practices in one’s healing and recovery program is explained, along with how easy it is to incorporate them in the process.

Our society lives with constant stress, anxiety, fear, pain, suffering, depression, and worry. Alcoholism, drug addiction, obesity, sexual problems, and cancer are constantly in the news. Mankind in general has had very little information about how to address life’s challenges without resorting to drugs, surgery, or counselling.

‘Healing and Recovery’ provides clinically proven self-healing methods that will enable you to take charge of your health and live a happy, healthy, and fulfilling life.



Primary recommended reading:	consider commencing with:	Paul – City of Light
The Book of Truths	1914 – 1923	xxx – Joseph Babinsky
containing the Padgett Messages or		
Little Book of Truths		– Joseph Babinsky
True Gospel Revealed anew by Jesus Vol I, II, III, IV	xxx	– Geoff Cutler
The Rejected Ones	2002 – 2003	xxx – James Moncrief
Messages from Mary & Jesus	2003	xxx – James Moncrief
Paul – City of Light	2005	xxx – James Moncrief
Mary Magdalene and Jesus'		
comments on the Padgett Messages	2007 – 2010	xxx – James Moncrief
Speaking with Mary Magdalene & Jesus	2013 – 2014	xxx – James Moncrief
Sage and the Healing Angels of Light	2017	xxx – James Moncrief
Road map of Universe and history of Universe:		
The Urantia Book	1925 – 1935	xxx as primary reading
Divine Love supporting reading:		
Revelations	1954 – 1963	– Dr Daniel Samuels
Judas of Kerioth	2001 – 2003	– Geoff Cutler
The Golden Leaf	2008	– Zara & Nicholas
The Richard Messages	2012 – 2013	– James Reid
The Divine Universe	2012 – 2013	– Zara & Nicholas
Family Reunion Afterlife Contact	2014 – 2015	– Joseph Babinsky
Traveller, An Immortal Journey	2014 – 2015	– Zara & Nicholas
Destiny, Eternal Messages of Divine Love	2015 – 2016	– Zara & Nicholas
Feeling Healing	2017	– James Moncrief
Religion of Feelings	2017	– James Moncrief
The Way of Divine Love		– Joseph Babinsky
Divine Love – The Greatest Truth in the World		– Joseph Babinsky
The Human Soul		– Joseph Babinsky
Divine Love Flowing		– Joseph Babinsky
The Truth		– Werner Voets
Through the Mists, The Life Elysian, The Gate of Heaven		– Robert James Lees
Life in the World Unseen		– Anthony Borgia
Gone West		– J M S Ward
Post Mortem Journal		– Jane Sherwood
After Death / Letters from Julia		– William T Stead
Thirty Years Among the Dead		– Carl A Wickland
A Wanderer in the Spirit Land		– Franchezzo
Life Beyond the Veil Vol I thru to V – Rev George Vale Owen		– Geoff Cutler
The Holy Bible from the Ancient Eastern Text		– Dr George M Lamsa

Available generally from:

www.lulu.com

www.amazon.com

www.bookdepository.com

For Divine Love focused websites and forums:

Pascas Health:

<http://www.pascashealth.com/index.php/library.html>

Spiritual Development:

<http://new-birth.net/spiritual-subjects/>

Padgett Books:

<http://new-birth.net/padgetts-messages/>

<http://divinelovesp.weebly.com/my-free-books-and-free-padgett-messages.htm>

James Moncrief's books, the Padgett Messages and The Urantia Book at:

DIVINE LOVE SPIRITUALITY – DLS:

<http://divinelovesp.weebly.com/my-free-books-and-free-padgett-messages.html>

All Padgett Messages (for condensed versions – see below) 1914 – 1923 Pages 945
The Urantia Book (see suggested papers to read below)

James Moncrief Books:

	MoC		
The Rejected Ones – the Feminine Aspect of God	1,490	Nov 2002 – Jan 2003	228
Messages from Mary and Jesus book 1	1,485	Feb – Apr 2003	189
Messages from Mary and Jesus book 2	1,485	Apr – Oct 2003	170
Mary Magdalene and Jesus' comments on the Padgett Messages – book 1		Aug 2007	164
Messages from 31 May 1914 – 12 January 1915	1,495		
Mary Magdalene and Jesus' comments on the Padgett Messages – book 2		Sep 2010	177
Messages from 13 January 1915 – 29 August 1915	1,494		
Speaking with Mary Magdalene and Jesus blog – book 1	1,490	Jan – Apr 2013	206
Speaking with Mary Magdalene and Jesus blog – book 2	1,489	Apr – May 2013	229
Speaking with Mary Magdalene and Jesus blog – book 3	1,490	Oct – Jan 2014	187
Speaking with Mary Magdalene and Jesus blog – book 4	1,491	Jan – May 2014	191
Mary Magdalene comments on Revelation from the Bible KJV	1,485	Dec 2013 – Jan 2014	84
		This group being pages of	1,825
Paul – City of Light	1,488.5	2005	149
Ann and Terry		2013	235
Feeling bad? Bad Feelings are GOOD!	feeling-healing book 1	2006	179
Feeling bad will make you feel BETTER – Eventually!	feeling-healing book 2	2006	159
Breaking the Golden Rule.	feeling-healing book 3	2006	168
Feeling-Healing exercises, and other healing points to consider.		2009	175
Cathy and Mark – a novel introducing Feeling-Healing.		2010	151
Introduction course to Divine Love Spirituality		2006	139
Speaking with the Dead, Death and Dying		2009	173
Spirits and their Childhood Repression Healing		2010	179
With Verna – a nature spirit		2008	279
Communication with spirits – meet a spirit friend		2010	37
Introduction to Divine Love Spirituality website			362
Sage – and the Healing Angels of Light		2017	260
Divine Love Spirituality	1,500	2017	201
Feeling Healing – you can heal yourself through your feelings		2017	153
Religion of Feelings	1,500	2017	44
		This group being pages of	3,043

Religion of Feelings

<http://religionoffeelings.weebly.com/>

Introduction to Divine Love Spirituality

<http://dls spirituality.weebly.com/>

Main website of DLS

<http://divinelovesp.weebly.com/>

Childhood Repression website

<http://childhoodrepression.weebly.com/>

DLS and CR forum

<http://dlscr.freeforums.net/>

<http://withmarymagdaleneandjesus.weebly.com/blog---and-free-books-speaking-with-mary-and-jesus>

FEELING HEALING and SOUL HEALING with the DIVINE LOVE:**James Moncrief Publications:****all publications are free downloads:**<http://divinelovesp.weebly.com/my-free-books-and-free-padgett-messages.html>

It is suggested for one to consider reading as follows:

Speaking with Mary Magdalene and Jesus – books 1 – 4

These four books encapsulate the second of the revelations with the first having been introduced by James Padgett one hundred years previously. These four books provide a wide range of guidance that has never previously been made available.

Paul – City of Light

As a gentle intro into the Divine Love and Healing; being James Moncrief's first novel and it's been criticised as being too heavily clichéd, but that's the point because it's a reflection of how he was back then.

Ann and Terry

For an example of people who might want to immediately start working on them selves and doing their Healing.

Feeling Bad? Bad feeling are GOOD

For more understanding about our denial of our feelings and why we should not deny our feelings, and it includes how it all came about for James, using himself as an example.

Feeling bad will make you feel BETTER – Eventually!

This includes specific examples of Marion and James working on expressing particular bad feelings, again with the hope that it will help others gain something of an idea as to what's involved in doing your Feeling Healing.

Sage – and the Healing Angels of Light

Through Sage who's 13 years old, the story is primarily about the two aspects of healing; that being, with the help of our angels, and the full Healing we can do by looking to our feelings for their truth.

**Religion of Feelings
Feeling Healing**

**Welcome to LOVE – the Religion of Feelings
you can heal yourself through your feelings**

So these books, including the four Speaking with Mary Magdalene and Jesus books, provide the essence of it all and are examples of James' work. Then it's up to whatever takes one's fancy. Other reading to consider may include:

The Padgett Messages being published as:**The True Gospel Revealed Anew by Jesus volumes 1 – 4****Book of Truths by Joseph Babinsky****The Urantia Book**

Release one's pain through expressing one's feelings.

in conjunction with

Longing for the Truth when also longing for Divine Love.

FEELING HEALING with DIVINE LOVE is SOUL HEALING:

A collection of 'papers' that draw together specific topics including all of the above and more from other sources of information and revelation designed to help increase one's awareness about why we have the problems we do and how to heal them, all whilst living a more healthy and sustainable life. They provide a brief snapshot of the more complicated topics and issues.

Firstly, consider discovering the truth of your emotional pain through Feeling Healing.

Secondly, consider longing for our Heavenly Parents' Love as you progress with your healing.

Primary and most important readings are the writings of James Moncrief.

Then consider the Padgett Messages, and then The Urantia Book.

Pascas Papers, being free, are located within the Library Downloads www.pascashealth.com

<http://www.pascashealth.com/index.php/library.html>

PASCAS – document schedule.pdf downloadable index to all Pascas Papers.

FH denotes Feeling Healing; SH denotes Soul Healing, which is: Feeling Healing with the Divine Love;

DL denotes Divine Love – living with the Love.

PASCAS INTRODUCTION NOTES: *All papers below can be found at Library Downloads link..*

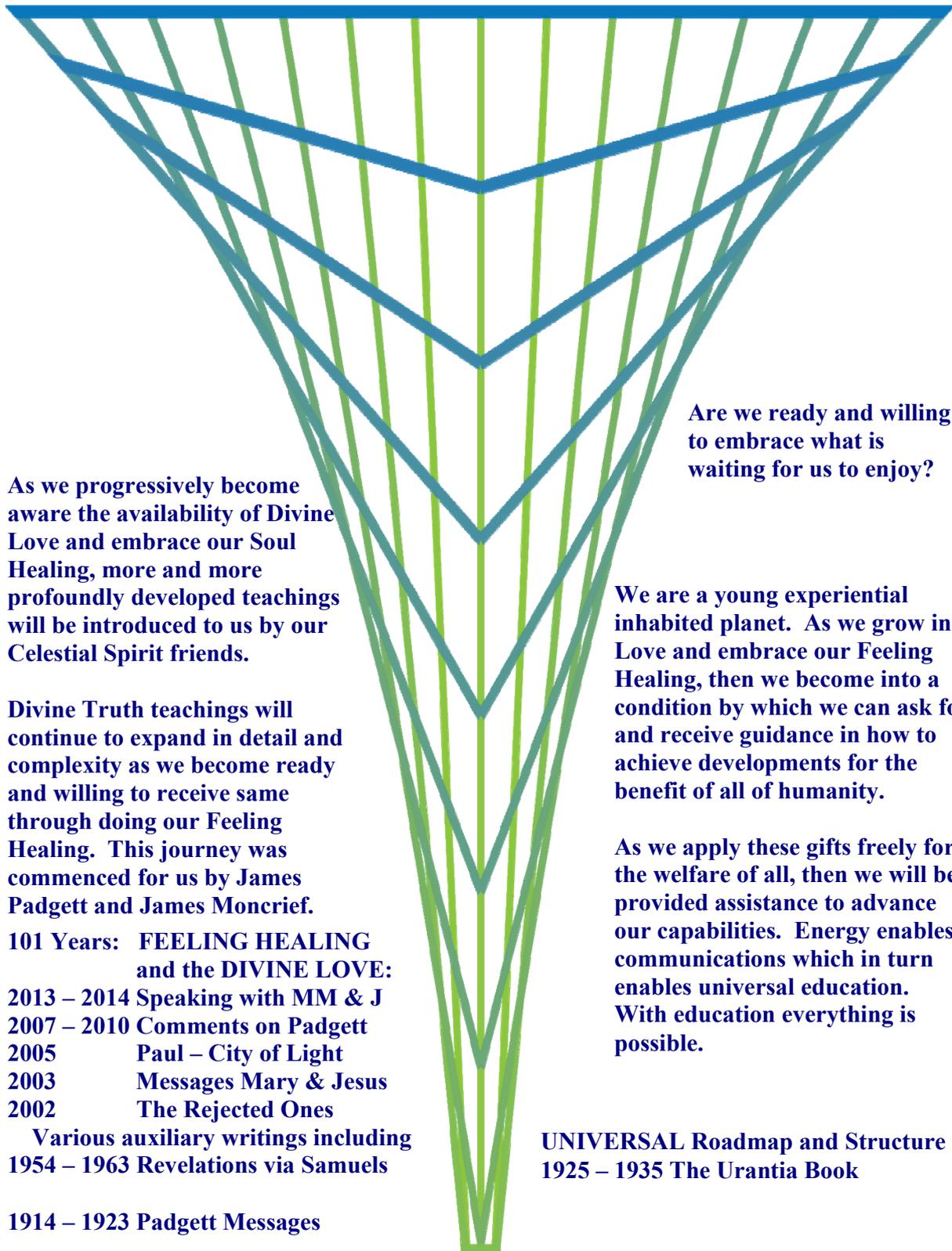
- Pascas Care Letters A Huge Upturn
- Pascas Care Letters Big Revelation
- Pascas Care Letters Feeling Healing Benefits Children
- Pascas Care Letters Feeling Healing Way
- Pascas Care Letters Little Children
- Pascas Care Letters Women's Liberation and Mother

MEDICAL – EMOTIONS:

- Pascas Care – Feeling Healing
- Pascas Care – Feeling Healing All is Within
- Pascas Care – Feeling Healing and Health
- Pascas Care – Feeling Healing and History
- Pascas Care – Feeling Healing and Parenting
- Pascas Care – Feeling Healing and Rebellion
- Pascas Care – Feeling Healing and Starting
- Pascas Care – Feeling Healing and Will
- Pascas Care – Feeling Healing Angel Assistance
- Pascas Care – Feeling Healing Being Unloved
- Pascas Care – Feeling Healing Child Control
- Pascas Care – Feeling Healing Childhood Repression
- Pascas Care – Feeling Healing End Times
- Pascas Care – Feeling Healing is Rebelling
- Pascas Care – Feeling Healing Live True
- Pascas Care – Feeling Healing Mary Speaks
- Pascas Care – Feeling Healing My Soul
- Pascas Care – Feeling Healing Perfect State
- Pascas Care – Feeling Healing Revelations X 2
- Pascas Care – Feeling Healing the Future
- Pascas Care – Feeling Healing Trust Yourself
- Pascas Care – Feeling Healing Versus Cult

**PASCAS
PAPERS**

DIVINE LOVE and DIVINE TRUTH Revelations and Teachings escalating:



Our Heavenly Mother and Father simply desire for us to ask for Their Love.

Your soul is the real you!

Visibility: **Body** – **limited sight of colour.**
 Spirit – **expanded visibility.**
 Soul – **complete spectrum of colour.**



SOUL  **SPIRIT BODY**  **PHYSICAL BODY**

Prayer: is emotional exchange with God